

## FOOD SURVEY

This questionnaire concerns your relationship to the things you eat. There are four sections:

1. Foods that **aggravate** or upset (including digestive upset, intolerance, food allergy etc)
2. Foods that make you feel better, or **ameliorate** your symptoms
3. Foods that you have a **craving** (or strong liking) for
4. Foods that you have a strong **aversion** to

### Section 1: *Foods that aggravate or upset*

Before denoting which foods cause you a problem, please tell us what they cause in you:

- abdominal symptoms of any kind  449 (please also complete questionnaire no. 4)
- bloating after eating  2251
- flatulence after eating  2228
- regurgitation  400
- rising in throat  401
- burping or belching  402
- heartburn  404
- nausea (feelings of sickness)  409
- vomiting  415
- dull abdominal pain  907
- other kinds of pain
- flatulent colic  470
- hiccups  403
- diarrhoea  472
- urging to stool  477
- constipation  479
- aggravation of piles  506
- headaches  52
- skin rashes  1324, itchy/ hives  1356
- tiredness  993
- swelling (face, lips, tongue etc)  1037
- palpitations  1146
- breathing difficulties  632
- generalised itching  1597

### Aggravating foodstuffs (please specify)

- alcohol (including reduced tolerance of small quantities previously tolerated)  2218
- beer  2219
- home-brewed beer  2220
- whisky  2221
- wine  2222
- wine, sour/acidy  2225
- oysters  2226
- cakes and pastries  2227
- bread  2229
- rye bread  2230
- buckwheat  2231
- butter  2232
- bread and butter  2233
- buttermilk  2234
- eggs  2235
- odour of eggs  2236
- frozen things  2237
- vinegar  2239
- fat  2240
- fish  2241
- herring  2242
- meat  2243
- meat, fresh  2244
- meat, smoked  2245
- odour of smoked meat  2246
- veal  2247
- pork (fat)  2248
- odour of pork  2249
- vegetables  2250
- cucumbers  2252
- hot things  2253
- honey  2254
- beans and peas  2255
- cheese  2256
- coffee  2257

*Aggravating foods continued*

- |                       |                          |      |                        |                          |      |
|-----------------------|--------------------------|------|------------------------|--------------------------|------|
| - coffee odour of     | <input type="checkbox"/> | 2258 | - raw foods            | <input type="checkbox"/> | 2277 |
| - cold things         | <input type="checkbox"/> | 2259 | - turnips              | <input type="checkbox"/> | 2278 |
| - potatoes            | <input type="checkbox"/> | 2260 | - salad, lettuce       | <input type="checkbox"/> | 2279 |
| - potatoes            | <input type="checkbox"/> | 2261 | - salty things         | <input type="checkbox"/> | 2280 |
| - cabbage             | <input type="checkbox"/> | 2262 | - sour-kraut           | <input type="checkbox"/> | 2281 |
| - warm cake           | <input type="checkbox"/> | 2263 | - odour of sour foods  | <input type="checkbox"/> | 2282 |
| - lemonade            | <input type="checkbox"/> | 2264 | - sour foods / pickles | <input type="checkbox"/> | 2283 |
| - starchy food        | <input type="checkbox"/> | 2265 | - indigestible things  | <input type="checkbox"/> | 2284 |
| - milk                | <input type="checkbox"/> | 2266 | - sweet                | <input type="checkbox"/> | 2285 |
| - carrots / root veg. | <input type="checkbox"/> | 2267 | - tea                  | <input type="checkbox"/> | 2288 |
| - mussels             | <input type="checkbox"/> | 2268 | - dry foods            | <input type="checkbox"/> | 2289 |
| - fruits in general   | <input type="checkbox"/> | 2269 | - fish, spoiled        | <input type="checkbox"/> | 2290 |
| - pears               | <input type="checkbox"/> | 2270 | - meat, spoiled        | <input type="checkbox"/> | 2291 |
| - strawberries        | <input type="checkbox"/> | 2271 | - cheese, spoiled      | <input type="checkbox"/> | 2292 |
| - melons              | <input type="checkbox"/> | 2272 | - sausages, spoiled    | <input type="checkbox"/> | 2293 |
| - peaches             | <input type="checkbox"/> | 2273 | - warm things, soups   | <input type="checkbox"/> | 2294 |
| - oil                 | <input type="checkbox"/> | 2274 | - water, cold          | <input type="checkbox"/> | 2295 |
| - pancakes            | <input type="checkbox"/> | 2275 | - onions               | <input type="checkbox"/> | 2296 |
| - pepper              | <input type="checkbox"/> | 2276 | - OTHER: _____         |                          |      |

**Section 2: Foods that ameliorate**

- |                      |                          |      |   |
|----------------------|--------------------------|------|---|
| wine                 | <input type="checkbox"/> | 2566 | - please specify what symptom(s) improve: _____ |
| bread                | <input type="checkbox"/> | 2567 | - please specify what symptom(s) improve: _____ |
| vinegar              | <input type="checkbox"/> | 2568 | - please specify what symptom(s) improve: _____ |
| meat                 | <input type="checkbox"/> | 2569 | - please specify what symptom(s) improve: _____ |
| coffee               | <input type="checkbox"/> | 2560 | - please specify what symptom(s) improve: _____ |
| cold things          | <input type="checkbox"/> | 2571 | - please specify what symptom(s) improve: _____ |
| milk                 | <input type="checkbox"/> | 2572 | - please specify what symptom(s) improve: _____ |
| fruits               | <input type="checkbox"/> | 2573 | - please specify what symptom(s) improve: _____ |
| salty things         | <input type="checkbox"/> | 2574 | - please specify what symptom(s) improve: _____ |
| bacon                | <input type="checkbox"/> | 2575 | - please specify what symptom(s) improve: _____ |
| tobacco              | <input type="checkbox"/> | 2576 | - please specify what symptom(s) improve: _____ |
| tea                  | <input type="checkbox"/> | 2577 | - please specify what symptom(s) improve: _____ |
| <b>hot/warm food</b> | <input type="checkbox"/> | 2578 | - please specify what symptom(s) improve: _____ |
| cold water           | <input type="checkbox"/> | 2579 | - please specify what symptom(s) improve: _____ |
| warm water           | <input type="checkbox"/> | 2580 | - please specify what symptom(s) improve: _____ |

**Section 3: Cravings and strong food likings**

Please state how strong your affinity is, by using the following grades:

1 = I enjoy this food when it is available, but do not seek it out.

2 = This is one of my favourite foods, I eat it often and I would miss it if it ceased to be available.

3 = I crave for this and compulsively seek it out.

- |                      |   |                |   |
|----------------------|---|----------------|---|
| - oysters            | <input type="checkbox"/> 353 grade ____ | - cheese       | <input type="checkbox"/> 369 grade ____   |
| - beer               | <input type="checkbox"/> 354 grade ____ | - coffee       | <input type="checkbox"/> 370 grade ____   |
| - bitter things      | <input type="checkbox"/> 355 grade ____ | - lime, chalk  | <input type="checkbox"/> 371 grade ____   |
| - brandy             | <input type="checkbox"/> 356 grade ____ | - coal         | <input type="checkbox"/> 372 grade ____   |
| - bread              | <input type="checkbox"/> 357 grade ____ | - starchy food | <input type="checkbox"/> 373 grade ____   |
| - bread & butter     | <input type="checkbox"/> 358 grade ____ | - milk         | <input type="checkbox"/> 374 grade ____   |
| - refreshing things  | <input type="checkbox"/> 359 grade ____ | - fruits       | <input type="checkbox"/> 375 grade ____   |
| - fat food           | <input type="checkbox"/> 360 grade ____ | - juicy things | <input type="checkbox"/> 376 grade ____   |
| - meat               | <input type="checkbox"/> 361 grade ____ | - salty food   | <input type="checkbox"/> 377 grade ____   |
| - fluid, liquid food | <input type="checkbox"/> 362 grade ____ | - sauerkraut   | <input type="checkbox"/> 378 grade ____   |
| - fried, baked food  | <input type="checkbox"/> 363 grade ____ | - sour food    | <input type="checkbox"/> 379 grade ____   |
| - vegetables         | <input type="checkbox"/> 364 grade ____ | - bread rolls  | <input type="checkbox"/> 380 grade ____   |
| - smoked food        | <input type="checkbox"/> 365 grade ____ | - sweets       | <input type="checkbox"/> 381 grade ____   |
| - cucumbers          | <input type="checkbox"/> 366 grade ____ | - warm food    | <input type="checkbox"/> 382 grade ____   |
| - herring            | <input type="checkbox"/> 367 grade ____ | - wine         | <input type="checkbox"/> 383 grade ____   |
| - honey              | <input type="checkbox"/> 368 grade ____ |                |   |
| - chocolate          | <input type="checkbox"/> grade ____     | - OTHER        | <input type="checkbox"/> _____ grade ____ |

**Section 4: Strong food aversions** (please specify below)

- |                         |                               |                        |                               |
|-------------------------|-------------------------------|------------------------|-------------------------------|
| aversion to fruit       | <input type="checkbox"/> 2638 | cheese                 | <input type="checkbox"/> 340  |
| aversion to beer        | <input type="checkbox"/> 326  | coffee                 | <input type="checkbox"/> 341  |
| brandy                  | <input type="checkbox"/> 327  | unsweetened coffee     | <input type="checkbox"/> 342  |
| bread                   | <input type="checkbox"/> 328  | potatoes               | <input type="checkbox"/> 343  |
| brown rye bread         | <input type="checkbox"/> 329  | garlic                 | <input type="checkbox"/> 344  |
| hard boiled eggs        | <input type="checkbox"/> 330  | starchy food           | <input type="checkbox"/> 345  |
| solid food              | <input type="checkbox"/> 331  | milk                   | <input type="checkbox"/> 346  |
| fat food (incl. butter) | <input type="checkbox"/> 332  | sour things, acids     | <input type="checkbox"/> 347  |
| fish                    | <input type="checkbox"/> 333  | sauerkraut             | <input type="checkbox"/> 348  |
| herring                 | <input type="checkbox"/> 334  | salty things           | <input type="checkbox"/> 349  |
| meat                    | <input type="checkbox"/> 335  | sweets                 | <input type="checkbox"/> 350  |
| beef                    | <input type="checkbox"/> 336  | water                  | <input type="checkbox"/> 351  |
| mutton                  | <input type="checkbox"/> 337  | wine                   | <input type="checkbox"/> 352  |
| bouillon                | <input type="checkbox"/> 338  | warm / cooked food     | <input type="checkbox"/> 2649 |
| vegetables              | <input type="checkbox"/> 339  | OTHER - please specify | _____                         |