Assessment of Omega-3 Fatty Acid Dietary Intake

FishFQ Portion Size Booklet

Appendix 3-6
The enclosed food frequency questionnaire has been designed to give us information about your usual dietary intake of the omega-3 fatty acids that are found mainly in certain varieties of fish and meat.

On the Fish Frequency Questionnaire (FishFQ) please mark the box that indicates how often you eat each food.

Example:

White Fish e.g. Cod, Haddock, Plaice, Sole, Halibut (coated, fried or grilled)

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>1-3/month</th>
<th>1/week</th>
<th>2-4/week</th>
<th>5-6/week</th>
<th>1/day</th>
<th>2-3/day</th>
<th>4-5/day</th>
<th>5-6/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cod</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Haddock</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Plaice</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Sole</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>Halibut</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

Please make sure you mark a box in every line so that we can be sure whether you have this food or not.

The example above shows clearly that this person eats cod once a week but never eats any other type of white fish.
How to describe Omega-3 portion sizes using this booklet

The pictures on Chart 1 of this booklet show portions of fresh or tinned fish, fish dishes and meats, which are good sources of Omega-3, on standard plates.

Please look at the pictures carefully and decide which serving size is closest to the one you would usually eat.

Please enter the serving size number that is closest to what you usually eat when you have this food in the portion column of the questionnaire.

Example:

If picture 2 looks most like your usual portion size of white fish enter the picture number as shown below:

<table>
<thead>
<tr>
<th>Portion (chart 1)</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

Chart 2 lists other foods that may contain Omega-3 fatty acids. Some fat spreads, milk, yoghurt, and eggs have Omega-3 fats added.

Please indicate on the FishFQ whether you eat any of these products by entering the code from Chart 2 in the brand column and where applicable enter your usual portion size.

Example:

If you drink about 1 cup/glass of Omega-3 enriched milk, fill in the table like this:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0</td>
</tr>
</tbody>
</table>
The following pictures show portions of fresh fish on a standard dinner plate. Please enter the serving size number that is closest to what you usually eat when you have this food in the portion column of the questionnaire.

**White Fish** e.g. Cod, Haddock, Plaice, Sole, Halibut
Only 1 type of fish is shown here (cod) because all white fish look and weigh very similar.

**Cod** (fresh, raw)

**Oily Fish**

**Herring** (canned, cooked in tomato sauce)

**Mackerel** (smoked)

**Kipper Fillet** (smoked)
The following pictures show portions of fresh fish on a standard dinner plate. Please enter the serving size number that is closest to what you usually eat when you have this food in the portion column of the questionnaire.

**Smoked Salmon Slices**

13

14

**Salmon Steaks (fresh, raw)**

15

16

**Trout (fresh, raw)**

17

18

**Tuna (fresh, raw)**

19

20

21
The following pictures show portions of tinned fish and other foods on a standard side plate. Please enter the serving size number that is closest to what you usually eat when you have this food in the portion column of the questionnaire.

**Oily Fish (canned, cooked)**

**Salmon**

![Salmon](image)

**Pilchards**

![Pilchards](image)

**Sardines**

![Sardines](image)

**Skippers (Sprats/Brisling)**

![Skippers](image)
The following pictures show portions of shellfish on a standard side plate. Please enter the serving size number that is closest to what you usually eat when you have this food in the portion column of the questionnaire.

**Shellfish**

**Crab** (canned, cooked)

**Prawns** (fresh, cooked)

**Mussels** (pre-packed, cooked)
The following pictures show portions of fish dishes on a standard side plate. Please enter the serving size number that is closest to what you usually eat when you have this food in the portion column of the questionnaire.

**Fish Dishes**

**Fish finger/cakes (cooked)**

Enter the number of fish fingers or cakes you would usually eat in the portion column.

**Meats**

**Chicken/Turkey (cooked)**

**Liver/Kidney (cooked)**
If you regularly eat omega-3 enriched foods please indicate the food you eat by entering the number in the “Brand” column on the questionnaire. Indicate your usual portion size by entering the amount in grams in the portion column.

### Omega 3 Enriched Foods

<table>
<thead>
<tr>
<th>Food</th>
<th>Brand Code</th>
<th>Portion Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>01</td>
<td>For Full Cream Milk or 02 for semi-skimmed. In portion column enter the amount usually taken in mls. Standard glass = 200 mls. In tea/coffee = 15-20mls. On cereal = 125mls.</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>03</td>
<td>If taken. One carton = 150g. In “portion” column enter amount usually eaten.</td>
</tr>
<tr>
<td><strong>Yogurts</strong></td>
<td>04</td>
<td>If taken. One carton = 150g. In “portion” column enter amount usually eaten.</td>
</tr>
<tr>
<td><strong>Eggs</strong></td>
<td>05</td>
<td>If taken. In “portion” column enter number of eggs usually eaten.</td>
</tr>
<tr>
<td><strong>Spread</strong></td>
<td>06</td>
<td>If taken. In “portion” column enter amount in grams usually eaten. Spread thinly = 5; medium = 7; thickly = 10.</td>
</tr>
</tbody>
</table>