

Food Record Study

Start of Block: Default Question Block

Q1 Thank you again for volunteering for this food record study! Please use this online survey for **7 consecutive days** to upload photos of your food.

Q1a Please enter your participant ID number

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Q2 There will be 7 questions allowing you to upload food photos. If you didn't eat the meal mentioned, you can skip the question by clicking the ">>" button.

With each photo you upload, please enter a short description of what you ate. This is important for us to be able to investigate the major ingredients in meals that are blended, have a thick sauce, or have a covering (ie. sandwiches). An example description has been included for clarity:

Smoothie with banana, honey, raw milk and oats.

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Q3 Please upload a photo of your breakfast

Q3b Please enter a short description of your breakfast

Q4 Please upload a photo of your morning tea

Q4b Please enter a short description of your morning tea

Q5 Please upload a photo of your lunch

Q5b Please enter a short description of your lunch

Q6 Please upload a photo of your afternoon tea

Q6b Please enter a short description of your afternoon tea

Q7 Please upload a photo of your dinner

Q7b Please enter a short description of your dinner

Q8 Please upload a photo of your dessert

Q8b Please enter a short description of your dessert

Q9 Please upload a photo of any additional meals/snacks

Q9b Please enter a short description of this meal/snack

Q10 If you have forgotten to take photos of any of the foods that you've eaten today, please enter a short description in the text box below (eg. chicken curry with potato, capsicum, tomato and rice).

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Q11 Please upload a photo of the receipts from any food purchases you made today. This includes grocery shopping as well as buying meals.

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Q12 Thank you for filling out today's survey. If you have any additional photos, please email them with a short description to Liana at L.Varrone@uq.net.au

End of Block: Default Question Block