

GENERAL NUTRITION KNOWLEDGE QUESTIONNAIRE

This is a survey, not a test. Your answers will help identify which dietary advice people find confusing. It is important that you complete it by yourself. Your answers will remain anonymous. If you don't know the answer, mark "not sure" rather than guess. Thank you for your time.

Section 1: The first few items are about what advice you think experts are giving us.

1. Do health experts recommend that people should be eating plenty, moderate, or less of the following foods? (Tick one box per food)

	Plenty	Adequate	Moderate	Limit	Not sure
Fruit	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food and drinks with added sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>
Vegetables	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>
Processed food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>
Wholegrains (e.g., oat, rice)	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>
Water	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Egg	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>
Poultry	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>
Milk or milk product	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How many total servings of vegetables and fruits per day do experts advise people to eat as a minimum? (One serving could be, for example, a half cup of cooked vegetables). (Tick one)

2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5 or more	✓
Not sure	<input type="checkbox"/>

3. Which of these types of fats do experts recommend that people should eat less of? (Can tick more than one)

	Eat less	Not eat less	Not sure
Unsaturated fats	<input type="checkbox"/>	✓	<input type="checkbox"/>
Trans fats	✓	<input type="checkbox"/>	<input type="checkbox"/>
Saturated fats	✓	<input type="checkbox"/>	<input type="checkbox"/>

4. Which type of milk or milk products do experts say is the best option? (e.g.: cheese, yogurt) (tick one)

Full fat	<input type="checkbox"/>
Low fat	✓
Neither, dairy foods should be avoided	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

5.	How many serving per day do experts recommend that people eat fish? (e.g., 1 whole medium size of ikan tilapia/kembong) (tick one)
Once per day	<input checked="" type="checkbox"/>
3-4 times per day	<input type="checkbox"/>
2 times per day	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
6.	How many glasses of plain water is the minimum recommended per day? (Tick one)
5 glasses for men and women	<input type="checkbox"/>
6 glasses for men and women	<input checked="" type="checkbox"/>
7 glasses for men & 5 glasses for women	<input type="checkbox"/>
9 glasses for men and women	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
7.	How many times per week do experts recommend that people eat breakfast (7.00am – 10.30am)? (Tick one)
3 times per week	<input type="checkbox"/>
4 times per week	<input type="checkbox"/>
Every day	<input checked="" type="checkbox"/>
Not sure	<input type="checkbox"/>
8.	How many servings per day do experts recommend that people eat poultry/meat/eggs?
None	<input type="checkbox"/>
1-2 servings	<input checked="" type="checkbox"/>
3-4 servings	<input type="checkbox"/>
5 servings	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
9.	According to the 'quarter-quarter-half', how much of a person's plate should be fill up of rice/other cereals/wholegrain cereal-based/tubers foods? (Tick one)
Quarter	<input checked="" type="checkbox"/>
Half	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

Section 2: Experts classify foods into groups. We are interested to see whether people are aware of food groups and the nutrients they contain.

1. Do you think these foods and drinks are typically high or low in added sugar?
(Tick one box per food)

	High in added sugar	Low in added sugar	Not sure
3 in 1 premixed drink	✓	<input type="checkbox"/>	<input type="checkbox"/>
Unflavoured yogurt	<input type="checkbox"/>	✓	<input type="checkbox"/>
Ice cream	✓	<input type="checkbox"/>	<input type="checkbox"/>
Chili sauce	<input type="checkbox"/>	✓	<input type="checkbox"/>
Canned fruit jam	✓	<input type="checkbox"/>	<input type="checkbox"/>
Condense milk	✓	<input type="checkbox"/>	<input type="checkbox"/>

2. Do you think these foods are typically high or low in salt? (Tick one box per food)

	High in salt	Low in salt	Not Sure
Nuggets	✓	<input type="checkbox"/>	<input type="checkbox"/>
Prawn sauce (cencaluk)	✓	<input type="checkbox"/>	<input type="checkbox"/>
Soy sauce	✓	<input type="checkbox"/>	<input type="checkbox"/>
Fried rice	✓	<input type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	✓	<input type="checkbox"/>
Laksa	✓	<input type="checkbox"/>	<input type="checkbox"/>

3. Do you think these foods are typically high or low in fibre? (Tick one box per food)-

	High in fibre	Low in fibre	Not Sure
Oats	✓	<input type="checkbox"/>	<input type="checkbox"/>
Bananas	✓	<input type="checkbox"/>	<input type="checkbox"/>
White rice	<input type="checkbox"/>	✓	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	✓	<input type="checkbox"/>
Cabbage	✓	<input type="checkbox"/>	<input type="checkbox"/>
French fries	<input type="checkbox"/>	✓	<input type="checkbox"/>

4. Do you think these foods are a good source of protein? (Tick one box per food)

	Good source of protein	Not a good source of protein	Not sure
Poultry	✓	<input type="checkbox"/>	<input type="checkbox"/>
Legumes (e.g., dhal)	✓	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	✓	<input type="checkbox"/>
Cream crackers		✓	<input type="checkbox"/>
Margarine	<input type="checkbox"/>	✓	<input type="checkbox"/>
Nuts	✓	<input type="checkbox"/>	<input type="checkbox"/>

5. Which of the following foods do experts count as starchy foods? (Tick one box per food)					
	Starchy food	Not a starchy food	Not sure		
Cheese	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Mee hoon	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Potatoes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Nuts	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>		
Tapioca	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6. Which is the main type of fat present in each of these foods? (Tick one box per food)					
	Polyunsaturated fat	Monounsaturated fat	Saturated fat	Cholesterol	Not sure
Olive oil	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Palm oil	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Coconut oil	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Which of these foods has the most trans-fat? (Tick one)					
Biscuits, cakes & pastries	<input checked="" type="checkbox"/>				
Marine fish	<input type="checkbox"/>				
Palm oil	<input type="checkbox"/>				
Eggs	<input type="checkbox"/>				
Not sure	<input type="checkbox"/>				
8. The amount of calcium in a glass of full-cream milk compared to a glass of reduced/low-fat milk is: (Tick one)					
About the same	<input checked="" type="checkbox"/>				
Much higher	<input type="checkbox"/>				
Much lower	<input type="checkbox"/>				
Not sure	<input type="checkbox"/>				
9. Which one of the following nutrients has the most calories for the same weight of food? (Tick one)					
Sugar	<input type="checkbox"/>				
Starchy	<input type="checkbox"/>				
Fibre	<input type="checkbox"/>				
Fat	<input checked="" type="checkbox"/>				
Not sure	<input type="checkbox"/>				
10. Processed foods are: (tick one)					
High in calories	<input checked="" type="checkbox"/>				
High in fibre	<input type="checkbox"/>				
Low in salt	<input type="checkbox"/>				
Not sure	<input type="checkbox"/>				

Section 3: The next few items are about choosing foods	
1. If a person wanted to buy a yogurt at the supermarket, which would have the least sugar/sweetener? (Tick one)	
0% fat strawberry yogurt	<input type="checkbox"/>
Natural yogurt	<input checked="" type="checkbox"/>
Creamy fruit yogurt	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
2. If a person wanted to have nasi lemak, which one would be the lowest fat option? (Tick one)	
Nasi lemak (pure coconut milk), cucumber, fried egg, and sambal	<input type="checkbox"/>
Nasi lemak (low fat coconut milk), cucumber, spices fried chicken and sambal	<input type="checkbox"/>
Nasi lemak (low fat coconut milk), cucumber and salad, boiled egg, and sambal	<input checked="" type="checkbox"/>
Not sure	<input type="checkbox"/>
3. Which would be the healthiest and most balanced choice for a main meal in a restaurant? (Tick one)	
Nasi biryani set and plain water	<input type="checkbox"/>
Mix rice (stir fried vegetables, asam pedas fish), a slice of watermelon, and plain water	<input checked="" type="checkbox"/>
Mee rojak set and commercial fruit juice	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
4. Which would be the healthiest and most balanced meal if someone does not want to eat rice? (Tick one)	
Crackers and milo	<input type="checkbox"/>
Vegetable fritters	<input type="checkbox"/>
Whole grain chicken salad sandwiches	<input checked="" type="checkbox"/>
Not sure	<input type="checkbox"/>
5. Which of these foods would be the healthiest choice for a dessert? (Tick one)	
Bomboloni doughnut with custard pastry cream	<input type="checkbox"/>
Fresh fruits pudding with low fat milk	<input checked="" type="checkbox"/>
Carrot cake with cream cheese topping	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

6. Which of these drinks would be the healthiest choice? (Tick one)	
Natural yogurt and fruit smoothie	<input checked="" type="checkbox"/>
Caramel macchiato frappe	<input type="checkbox"/>
Honey lemon soda	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
7. If a person wanted to reduce the amount of fat in their diet, but didn't want to give up French fries, which of the following foods would be the best choice? (Tick one)	
Thick cut French fries	
Thin cut French fries	
Crinkle cut French fries	
Not sure	
8. One healthy way to add flavour to food without adding extra fat or salt is to add: (Tick one)	
Coconut milk	<input type="checkbox"/>
Herbs	<input checked="" type="checkbox"/>
Soya sauce	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
9. Which of the following cooking methods requires no fat to be added? (Tick one)	
Grilling	<input type="checkbox"/>
Steaming	<input checked="" type="checkbox"/>
Baking	<input type="checkbox"/>
Sautéing	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
10. "Zero diet"/ "No cholesterol"/ "Diet"/ "Light" foods are always good options because they are low in calories. (Tick one)	
Agree	<input type="checkbox"/>
Disagree	<input checked="" type="checkbox"/>
Not sure	<input type="checkbox"/>

The following questions are related to food labels:

Product 1 (Sugar crackers)

Each serving (30g) contains

Calories	Total carbohydrates (Sugar)	Total Fat	Sodium (Salt)	Protein
140 kcal	20 g	6 g	160 mg	3 g

Calories per 100g : 470 kcal

Ingredients list: Wheat flour, vegetable fat (palm oil), starch, glucose syrup, sugar, milk powder, salt, butter (Milk fat), yeast and raising agents (ammonium bicarbonate, sodium bicarbonate, disodium diphosphate)

Product 2 (Plain crackers)

Each serving (25g) contains

Calories	Total carbohydrates (Sugar)	Total Fat	Sodium (Salt)	Protein
115 kcal	16.7 g	4.1 g	128 mg	2.9 g

Calories per 100g : 461 kcal

Ingredients list: Wheat flour, wholemeal flour, wholegrain flour, vegetable oil (palm oil), starch, glucose syrup, butter (milk fat), yeast extract, yeast, oat flakes and raising agents (Ammonium bicarbonate, sodium bicarbonate)

11. Looking at products 1 and 2, which one has the most calories (kcal) per 100 grams (tick one)

- Product 1 ☒
- Product 2 ☐
- Both have the same quantity ☐
- Not sure ☐

12. Looking at product 1, what are the sources of sugar in the ingredient list? (Tick one)

- Sugar and starch ☐
- Sugar, starch, and milk powder ☐
- Glucose syrup and sugar ☒
- Not sure ☐

Section 4: This section is about health problems or diseases related to diet and weight management	
1. Which of these diseases is related to a low intake of fibre? (Tick one)	
Bowel disorder	<input checked="" type="checkbox"/>
Anaemia	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
2. Which of these diseases is related to how much sugar people eat? (Tick one)	
High blood pressure	<input type="checkbox"/>
Diabetes	<input checked="" type="checkbox"/>
Anaemia	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
3. Which of these diseases is related to how much salt (or sodium) people eat? (Tick one)	
Obesity	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>
High blood pressure	<input checked="" type="checkbox"/>
Not sure	<input type="checkbox"/>
4. Which of these options do experts recommend to reduce the chances of getting cancer? (Tick one)	
Drinking alcohol regularly	<input type="checkbox"/>
Cutting down processed food	<input checked="" type="checkbox"/>
Avoiding additives in food	<input type="checkbox"/>
Not sure	<input type="checkbox"/>
5. Which of these options do experts recommend to lower the risk of getting heart disease? (Tick one)	
Taking nutritional supplements	<input type="checkbox"/>
Eating less fish	<input type="checkbox"/>
Eating less trans-fats	<input checked="" type="checkbox"/>
Not sure	<input type="checkbox"/>
6. Which of these options do experts recommend to lower the risk of getting diabetes? (Tick one)	
Eating less refined foods	<input checked="" type="checkbox"/>
Drinking more fruit juice	<input type="checkbox"/>
Eating more processed meat	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

7. Which one of these foods is more likely to increase people's blood cholesterol? (Tick one)

- | | |
|----------------|-------------------------------------|
| Fish | <input type="checkbox"/> |
| Vegetable oils | <input type="checkbox"/> |
| Animal fat | <input checked="" type="checkbox"/> |
| Not sure | <input type="checkbox"/> |

8. Which one of these foods is classified as having a high Glycaemic Index (Glycaemic Index is a measure of the impact of a food on blood sugar levels, thus a high Glycaemic Index means a greater rise in blood sugar after eating)? (Tick one)

- | | |
|----------------------|-------------------------------------|
| Wholegrain cereals | <input type="checkbox"/> |
| White bread | <input checked="" type="checkbox"/> |
| Fruit and vegetables | <input type="checkbox"/> |
| Not sure | <input type="checkbox"/> |

9. To maintain a healthy weight people should cut fat out completely. (Tick one)

- | | |
|----------|-------------------------------------|
| Agree | <input type="checkbox"/> |
| Disagree | <input checked="" type="checkbox"/> |
| Not sure | <input type="checkbox"/> |

10. To maintain a healthy weight people should eat a high protein diet. (Tick one)

- | | |
|----------|-------------------------------------|
| Agree | <input type="checkbox"/> |
| Disagree | <input checked="" type="checkbox"/> |
| Not sure | <input type="checkbox"/> |

11. Eating rice/bread always causes weight gain. (Tick one)

- | | |
|----------|-------------------------------------|
| Agree | <input type="checkbox"/> |
| Disagree | <input checked="" type="checkbox"/> |
| Not Sure | <input type="checkbox"/> |

12. Fibre can decrease the chances of gaining weight. (Tick one)

- | | |
|----------|-------------------------------------|
| Agree | <input checked="" type="checkbox"/> |
| Disagree | <input type="checkbox"/> |
| Not sure | <input type="checkbox"/> |

13. Which of these options can help people to maintain a healthy weight? (Answer each one)

	Yes	No	Not sure
Not eating while watching TV	✓	<input type="checkbox"/>	<input type="checkbox"/>
Reading food labels	✓	<input type="checkbox"/>	<input type="checkbox"/>
Taking nutritional supplements	<input type="checkbox"/>	✓	<input type="checkbox"/>
Monitoring their eating	✓	<input type="checkbox"/>	<input type="checkbox"/>
Monitoring their weight	✓	<input type="checkbox"/>	<input type="checkbox"/>
Do regular physical activities	✓	<input type="checkbox"/>	<input type="checkbox"/>
Snacking throughout the day	<input type="checkbox"/>	✓	<input type="checkbox"/>

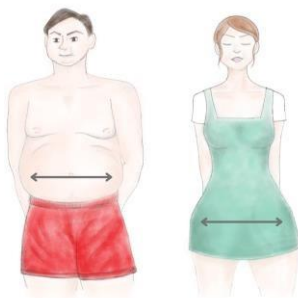
14. If someone has a Body Mass Index (BMI) of 23kg/m², what would their weight status be? (Tick one)

Underweight	<input type="checkbox"/>
Normal weight	✓
Overweight	<input type="checkbox"/>
Obese	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

15. If someone has a Body Mass Index (BMI) of 31kg/m², what would their weight status be? (Tick one)

Underweight	<input type="checkbox"/>
Normal weight	<input type="checkbox"/>
Overweight	<input type="checkbox"/>
Obese	✓
Not sure	<input type="checkbox"/>

Look at the body shapes below:



Apple shape Pear shape

16. Which of these body shapes increases the risk of cardiovascular disease (cardiovascular disease is a general term that describes a disease of the heart or blood vessels, for example, angina, heart attack, heart failure, and stroke)? (Tick one)

Apple shape	✓
Pear shape	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

Section 5: We would like to ask you a few questions about yourself	
1. Age	
Date of birth: ____/____/____	
2. Gender	
Male	<input type="checkbox"/>
Female	<input type="checkbox"/>
3. Ethnicity	
Malay	<input type="checkbox"/>
Chinese	<input type="checkbox"/>
Indian	<input type="checkbox"/>
Others _____	<input type="checkbox"/>
4. Citizenship status	
Malaysia	<input type="checkbox"/>
Permanent resident	<input type="checkbox"/>
Not a Malaysian citizen	<input type="checkbox"/>
5. Religion	
Islam	<input type="checkbox"/>
Hindu	<input type="checkbox"/>
Buddha	<input type="checkbox"/>
Cristian	<input type="checkbox"/>
Others _____	<input type="checkbox"/>
6. Marriage status	
Never married	<input type="checkbox"/>
Married	<input type="checkbox"/>
Divorcee/widow	<input type="checkbox"/>
7. Highest level of education	
Never went to school	<input type="checkbox"/>
Primary education	<input type="checkbox"/>
Secondary education	<input type="checkbox"/>
Tertiary education	<input type="checkbox"/>
Others _____	<input type="checkbox"/>

8. Occupation

- Not working ☐
 Government employee/statutory bodies ☐
 Private sector employee ☐
 Self-employed ☐
 Housewife ☐
 Retiree ☐
 Others _____ ☐

9. Household income per month

RM _____ / month

10. Weight and height

Weight: _____ kg

Height: _____ cm

Thank you very much for taking part in this survey!