Nutritional assessment

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Assessing dietary intake

Oxford Web Questionnaire

• Self-administered
• Online
• Secure user-friendly interface
• Food and drinks over last 24 hours
• List of 21 food groups
• Relatively quick: 15-20 min
• Up-to-date food list and nutrient database
• Administered on 2 non-consecutive days
User friendly, photographs

Oxford WebQ

Did you eat any meat or poultry yesterday?  No  Yes
Think about curry, stirfry, sandwiches, pie fillings, sausages/burgers, liver, pâté or mince.

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### Oxford WebQ

**Did you eat any bread or crackers yesterday?**  
- No  
- Yes  
  *E.g. toast, sandwiches, rice cakes, bread rolls, hotdog roll, crumpets, tortilla wraps.*

<table>
<thead>
<tr>
<th>Bread</th>
<th>Amount</th>
<th>None</th>
<th>1/2</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliced bread</td>
<td>Slice</td>
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<tr>
<td>Sandwich baguette, ciabatta, panini, or sub</td>
<td>Bread item</td>
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<tr>
<td>Large sandwich bap, stotty, pitta bread</td>
<td>Bread item</td>
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<tr>
<td>Bread roll, bap, burger bun, hotdog roll, bagel</td>
<td>Bread item</td>
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</table>

#### Flour type:
- White
- Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50)
- Wholemeal
- Other - please describe:

#### Extras:
- Seeded (inside and/or on top)

<table>
<thead>
<tr>
<th>Other bread and crackers</th>
<th>Amount</th>
<th>None</th>
<th>1/2</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naan bread</td>
<td>Bread item</td>
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<td></td>
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<tr>
<td>Garlic bread</td>
<td>Slice</td>
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<tr>
<td>Crackers, crispbread, rice cakes, corn cakes (e.g. Ritz)</td>
<td>Biscuit / Item</td>
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</tbody>
</table>
Results – Food groups

Age

Fruit & Vegetables (portions/day) per age

Wealth

Fruit & Vegetables (portions/day) per wealth

Men N=2235; Women N=2687
Results – Macronutrients

Men
Women
2,207 kcal/day
1,883 kcal/day
Results – Macronutrients

Reference Nutrient Intake for dietary fibre: 30g/day
Results - Micronutrients

- Calcium (mg/day) across wealth quintiles
- Potassium (mg/day) across wealth quintiles
- Magnesium (mg/day) across wealth quintiles
- Vitamin C (mg/day) across wealth quintiles
Conclusions

- Similar macronutrient breakdown between men and women and across age groups
- Men consume more alcohol, red meat
- Women eat more fruit and vegetables
- Average dietary fibre intake below recommended
- Wealth gradient: healthier diet, greater micronutrient intake in highest compared to lowest wealth categories
Thank you for your attention!