

# Food Frequency Chart

B/C	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Biscuits									
Bread/roll									
Cakes									
Cereals									
Couscous									
Crackers									
Crispbreads									
Crumpets									
Grains (type)									
Muffins									
Naan									
Noodles									
Pancakes									
Pasta									
Rice									
Roti									
Tortilla									
Waffle									

FRUIT	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Canned									
Dried									
Fresh									
Frozen									
Juice									

VEGETABLES	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Canned									
Dried									
Fresh									
Frozen									
Juice									

DAIRY/ALT.	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Cheese									
Cottage cheese									
Custard									
Fruche									
Ice cream									
Milkshake									
Milk (type)									
Almond milk									
Oat milk									
Rice milk									
Soy milk									
Smoothie									
Soy products									
Yoghurt									



## Food Frequency Chart Continued

MEAT/ALT.	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Beef (fat)									
Eggs									
Fish									
Lamb									
Legumes									
Mutton									
Nuts									
Offal									
Pork									
Poultry (skin)									
Processed meat									
Sausages									
Seafood									
Soy beans									
Tofu/tempeh									
Turkey									
Veal									

CONDIMENTS	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Honey									
Jam									
Maple syrup									
Mayonnaise									
Nutella									
Peanut butter									
Sauces									

FATS/OILS	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Butter									
Cream									
Dressings									
Margarine									
Oil (type)									
Sour cream									

SNACKS/TA	AMOUNT	NEVER	1/MTH	1-3/WK	4-6/WK	DAILY	6-7/WK	#/DAY	COMMENT
Bakery									
Crackers									
Burgers									
Chips, fries									
Crisps									
Donuts									
Fish and chips									
Hotdogs									
Iceblocks									
Muesli bars									
Pastries									
Pizza									
Pretzels									
Takeaway									



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