

Summary of major food groups for BMES FFQ:

Major Food Group	Minor Food Group	Foods included	FFQ item ID
Vegetables	Potatoes		
	Low Fat	Boiled, mashed, baked	46,47
	High fat	Hot chips	48
	Brassica	Cabbage, cauliflower, broccoli and brussel sprouts, coleslaw	54, 43, 42, 55, 62
	Leaf and stalk	Bean sprouts, celery, lettuce and silverbeet	64, 63, 61, 44
	Peas and Beans		52, 53, 50
	Other fruiting vegetables	Squash, zucchini, eggplant and pumpkin	58, 49
	Carrot and root		56, 51
	Tomatoes		60
	Legumes	Baked beans, soy, other	67, 66, 65
Other vegetables	Mushrooms, corn and shallots.	59, 57, 45, 141, 140	
Avocado		31	
Cereal and cereal products	Breakfast cereals		91, 92
	Bread, white		93
	Bread, mixed grain and wholemeal		94
	Rice and pasta		96, 97, 98
Cereal-based products and dishes	Sweet biscuits	Sweet biscuits	130, 131
	Savoury biscuits	Crackers	99
	Cakes, buns, scones	Scone, pancakes, cakes, bun	95, 126, 129
	Pastries	Sweet pie	127
	Mixed dishes	Pizza	139
Fruit	Citrus fruit	Orange, grapefruit	33, 34
	Tropical fruit	Pawpaw, pineapple, mango, banana	27, 28, 29, 35
	Pomme fruit	Pear, apple	32
	Berry fruit	Strawberry, raspberry, blueberry	24, 25
	Stone fruit	Peach, plum, apricot, nectarine	22
	Dried fruit	Prune, apricot, sultana, raisin, peach	36, 37, 38, 39
	Canned fruit	Fruit salad, apricot, peach, canned	40, 41
	Other fruit	Rockmelon, watermelon, grapes	23, 26, 30
Non-alcoholic beverages	Tea		117, 118
	Coffee		115, 116
	Juices		104, 105, 106, 107, 108, 109
	Cordials		114
	Soft drinks		112, 113
	Artificially sweetened drinks	Low calorie soft drink	110, 111

Dairy products	Milk, reduced fat and low fat		6, 7	
	Milk, regular		8	
	Cheese, low fat		13	
	Cheese, regular		14	
	Reduced fat dairy dessert	Low fat yoghurt		12
	Medium fat dairy dessert	Custards and yoghurts		11, 125
	High fat dairy desserts	Ice cream, cream and dairy based desserts		9, 10, 128
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Meat				
Red meat	Moderately-lean red meat cuts	Beef/pork/lamb trimmed	468	
	Moderately-lean red meat dishes	Lamb stew, beef stew, hamburger patty, beef rissole	69, 69, 74,	
	Medium fat red meat cuts	Beef/pork/lamb partly trimmed	368	
	Medium fat red meat dishes	Bolognaise sauce, mince	75, 76	
	High fat red meat cuts	Beef/pork/lamb not trimmed	268	
	High fat red meat dishes	Sausages, meat pie, sausage roll	73, 79, 80	
Processed meat		Ham, bacon, luncheon meat, frankfurter	70, 77, 81, 82	
Organ meat		Liver	78,	
Chicken	Moderately-lean chicken		72	
	High fat chicken		71	
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Eggs	Low fat eggs	Egg, poached, hard-boiled	83	
	Moderately fat eggs	Egg, scrambled, omelette, fried	84, 85	
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Fish	Seafood	Prawn, scallop, crab	90	
	Low fat canned fish	Salmon, tuna in brine	87	
	Moderately fat canned fish	Tuna, sardine in oil	86, 88	
	Medium fat fish	Fish, other types	89	
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Nuts		Peanut, pecan, walnut, almond, peanut butter	135, 137	
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Fats	Butter		16	
	Margarine		15	
	Oils		160,161	
	Cooking fat		162	
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Yeast/Beef extracts		Vegemite, marmite	136	
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Alcoholic beverages	Beer	Regular and reduced alcohol beer	119, 120
	Wine	Red, white and fortified wines	121, 122, 123
	Spirits		124
Confectionary		Lollies, chocolate	132, 133
Sugar products and dishes		Sugar, honey, jams, syrups	134, 156
Snack foods		Chips	138
Savoury sauces		French dressing, coleslaw dressing, mayonnaise	142, 143

Food categories

Foods used in the FFQ were categorised into major food categories and subcategories. Categories used were similar to those used in the 1995 Australian National Nutrition Survey, with the exceptions of:

- soup and legumes which were categorised in the vegetable section;
- pies and croissants which were categorised in a high fat dairy dessert group as the combined FFQ item included dairy dessert and cereal based desert together (Cheesecake, croissant and pie);
- separating reduced fat and higher fat milk products;
- meats which were categorised in consultation with Meat and Livestock Australia to reflect commonly used categories of cuts and dishes of red meat, divided into moderately-lean red meat (<12g/serve), moderate fat red meat (12-16g/serve), higher fat red meat (>16g/serve), processed meat, organ meats, and chicken (moderately-lean and high fat).