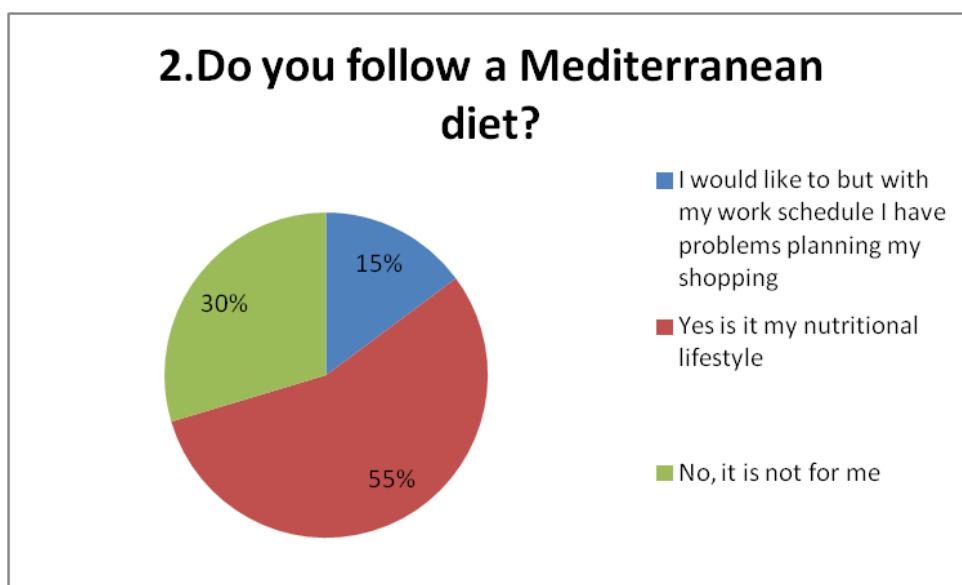
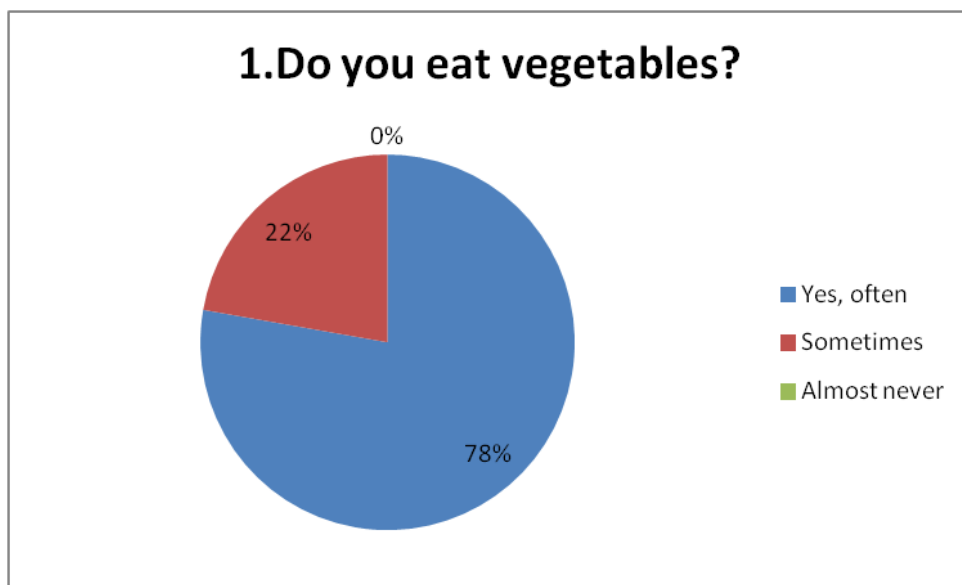


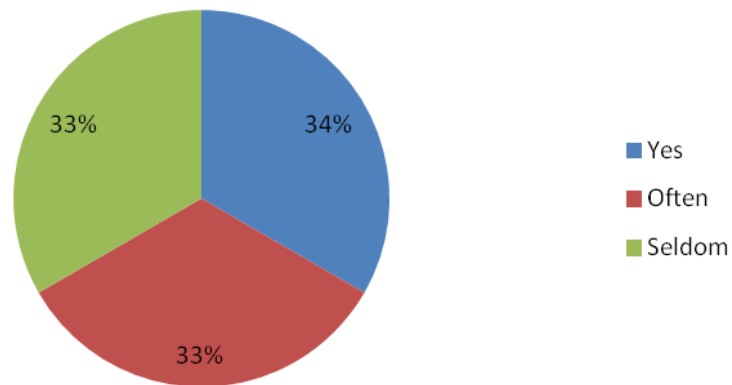
Data and analysis of the UK Eating Habits Survey

The UK sample comprised 27 people selected at random from a cross section of adults whose ages ranged from 21 to 67.

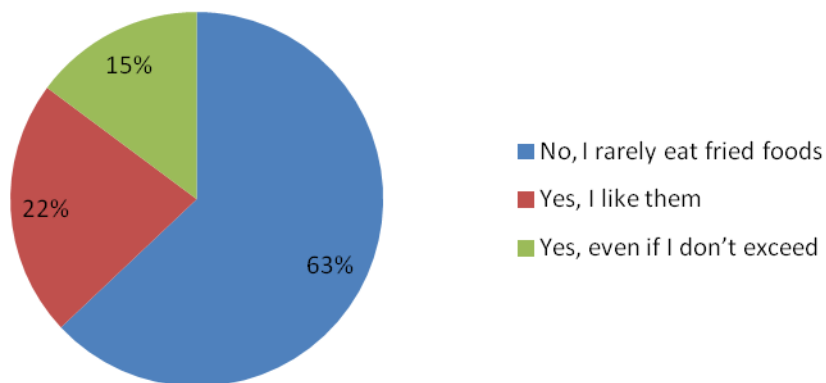
There was an approximately equal balance of male /female respondents.



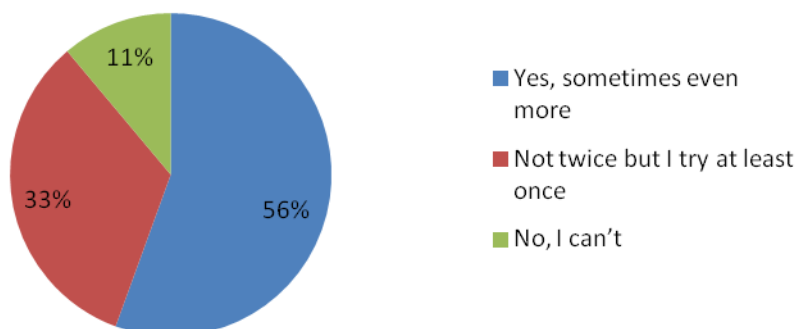
3. Do you eat a lot of meat?



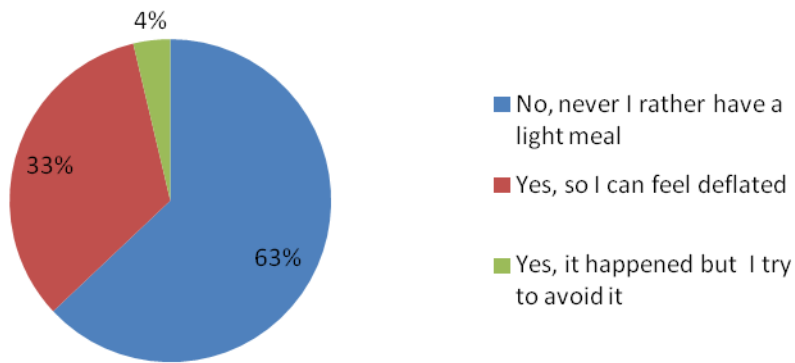
4. Is your diet rich of fried foods?



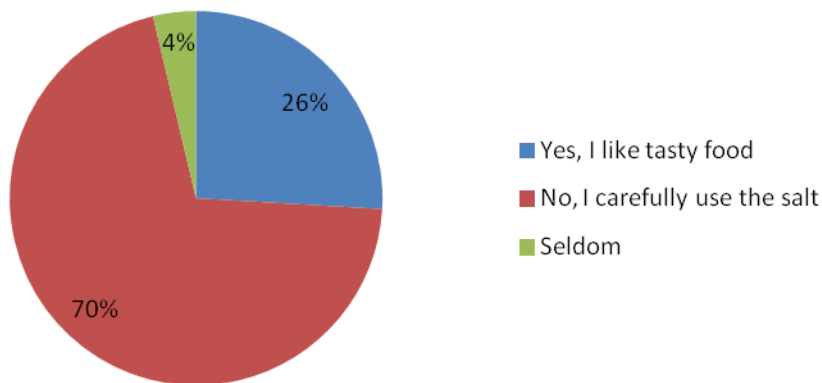
5. Do you eat fish at least twice a week?



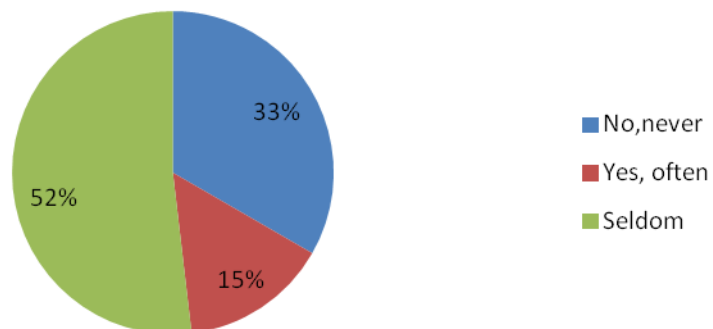
6. After an abundant meal, do you happen to skip another meal?



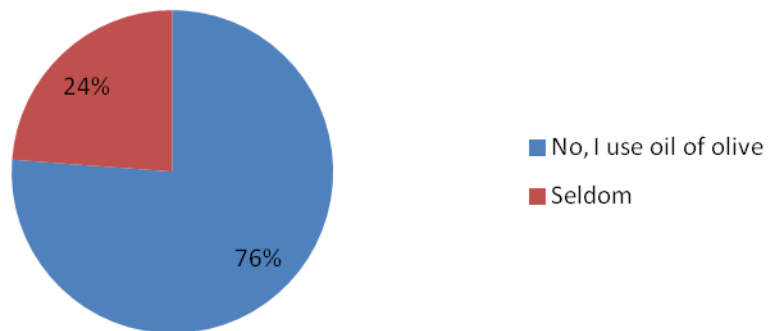
7. Do you use lot of salt?



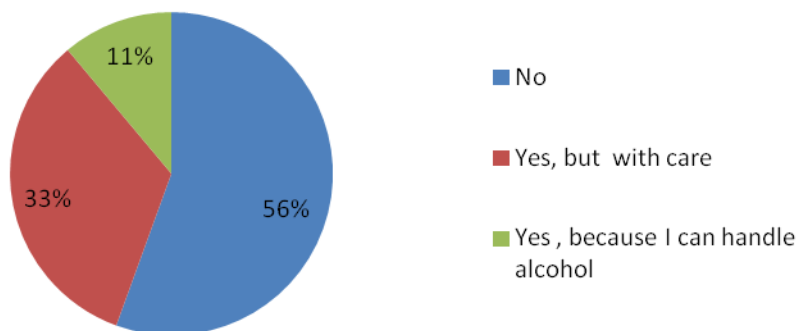
8. Do you often snack between meals?



9. Do you use butter to cook your meals?



10. Do you daily drink wine, beer or alcoholics?



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein



Lifelong Learning Programme