



Dietary Survey - (Widow) Malignant Neoplasm of the Prostate

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Report Detail

This dietary survey includes questions to establish changes in foods eaten by the veteran, in particular the consumption of foods containing animal fat.

The survey covers the periods:

- before service (Section B); and
- after service (Section C), up to the onset of prostate cancer.

SECTION A

Widow's details

1 DVA file number

2 Veteran's surname

3 Veteran's given name(s)

4 Your surname

5 Your given name(s)

6 Your date of birth

7 When did you start cooking and preparing the veteran's meals?

8 Did you cook and prepare all the veteran's meals (e.g. breakfast, lunch and dinner)?

No Please provide details of meals (e.g. lunch at work, while travelling for work)

Yes

9 When did you first know the veteran?

10 Please indicate the occupations the veteran had before and after service, and about how long the veteran was in each occupation.

Before service	Years	After service	Years
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

SECTION B

Dietary intake (before service)

DAILY EATING PATTERN DETAILS

You will be asked to record the usual daily eating pattern. What foods did the veteran usually eat at meals and between meals. An example of a completed daily eating pattern is given below.

Common abbreviations: Tsp - teaspoon
Tbsp - tablespoon

EXAMPLE OF DAILY EATING PATTERN

<i>Meal</i>	<i>Food and quantity (if possible)</i>
▶ Breakfast	Porridge - 1 cup with milk (1/4 cup) and sugar (2 tsp)
	Boiled eggs - 2
	Toast - 2 slices, with butter (4 tsp) and jam (1 tbsp)
	Coffee - 1 cup made with milk and sugar (2 tsp)
▶ Mid Morning	Biscuits - 4
	Tea - 1 cup with milk (2 tbsp) and sugar (2 tsp)
▶ Lunch	Home-made soup - 1 cup
	Bread roll - 1 with butter (3 tsp)
	2 sandwiches - 4 slices bread with butter (4 tsp) and meat (2 slices), salad and mustard (1 tsp)
	Cake - 1 slice
	Tea - 1 cup with milk (2 tbsp) and sugar (2 tsp)
▶ Mid Afternoon/ before dinner snacks	Nothing
▶ Dinner	Meat dish - usually grill (medium), stew (1 cup) or roast (4 slices)
	Potatoes - usually chipped or mashed (1 cup)
	Vegetables - 3 servings (1 cup each) with margarine (1 tsp each)
	Bread - 2 slices with butter (2 tsp)
	Dessert - usually ice-cream (scoop) or baked custard (1/2 cup) and fruit (1/2 cup)
	Coffee - 1 cup with milk (2 tbsp) and sugar (2 tsp)
▶ Late Evening	Cocoa - 1 cup, made with 1/2 cup milk and sugar (1 tsp)
	Biscuits - 4 plain
	Chocolates - 4 pieces

11 What information would you prefer DVA use in determining your claim?

(If you consider the veteran's diet before service was the typical average Australian diet, this information can be used in determining your claim).

I would like DVA to use information about levels of animal fat in the typical average Australian diet to calculate animal fat consumption before service.
Go to Question 29 on page 9.

I would like to complete the daily eating pattern.
The following daily eating pattern should be completed based on your personal knowledge of preparing meals for the veteran. Please complete the daily eating pattern of the veteran before service in the table provided.

<i>Meal</i>	<i>Food and quantity (if possible)</i>								
▶ Breakfast	<table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>								
▶ Mid Morning	<table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>								
▶ Lunch	<table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>								
▶ Mid Afternoon/ before dinner snacks	<table border="1"><tr><td> </td></tr><tr><td> </td></tr></table>								
▶ Dinner	<table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>								
▶ Late Evening	<table border="1"><tr><td> </td></tr><tr><td> </td></tr><tr><td> </td></tr></table>								

FOOD FREQUENCY RECORD

Now you will see a list of foods with an amount written against each food. Indicate with a tick how often, on average, the veteran would have eaten the amount of food, either at home or elsewhere such as at work. If appropriate, please include the cooking method. Try to fill in each list to the best of your memory.

To complete the Food Frequency Record you need to consider each food item in terms of how frequently it was eaten or drunk - every day, a few times a week or hardly ever. If the veteran had a particular food item every day then only tick one of the 3 boxes in the column Times/day

EXAMPLE

Drinking a cup of milk (including milk added to cereal, tea or coffee) every day then tick 1 Times/day as highlighted below:

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Whole milk 1 cup (250ml)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

If the veteran had a particular food item every week but not every day then only tick one of the 3 boxes in the column Times/week

EXAMPLE

Drinking 2 cups of milk 3 times a week then tick 5-6 Times/week as highlighted below:

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Whole milk 1 cup (250ml)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

SECTION B continued
DIETARY INTAKE (BEFORE SERVICE)

Only tick one box for each food item. Tick a response for each food item even if it is under the 'Never' column.

12 Dairy

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Whole milk 1 cup (250ml)	<input type="checkbox"/>	<input type="text"/>						
▶ Milk condensed sweetened - 1/2 cup	<input type="checkbox"/>	<input type="text"/>						
▶ Evaporated milk - 1/2 cup	<input type="checkbox"/>	<input type="text"/>						
▶ Milk dried, whole - 1 tbsp	<input type="checkbox"/>	<input type="text"/>						
▶ Cream - 1 tbsp	<input type="checkbox"/>	<input type="text"/>						
▶ Ice cream - 1/2 cup	<input type="checkbox"/>	<input type="text"/>						
▶ Cheese - 1 slice (30g)	<input type="checkbox"/>	<input type="text"/>						
▶ Butter added to food and bread - 1 tsp	<input type="checkbox"/>	<input type="text"/>						

13 Fats other than butter

▶ Lard, dripping, suet, margarine - 1 tbsp (30g)	<input type="checkbox"/>	<input type="text"/>						
▶ Olive, salad oil - 1 tbsp (30g)	<input type="checkbox"/>	<input type="text"/>						

SECTION B continued
DIETARY INTAKE (BEFORE SERVICE)

14 Meats

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Beef roast - 4 slices (120g)	<input type="checkbox"/>							
▶ Small steak (120g)	<input type="checkbox"/>							
▶ Beef or lamb stew - 1 cup	<input type="checkbox"/>							
▶ Corned meat - 4 slices (120g)	<input type="checkbox"/>							
▶ Rissoles/hamburger - 1	<input type="checkbox"/>							
▶ Beef/pork sausage - 1	<input type="checkbox"/>							
▶ Meat pie, small	<input type="checkbox"/>							
▶ Pork chop or roast - 4 slices (120g)	<input type="checkbox"/>							
▶ Ham - 4 slices (120g)	<input type="checkbox"/>							
▶ Bacon - 4 rashers (120g)	<input type="checkbox"/>							
▶ Lamb, mutton chop or roast - 2 chops/4 slices (120g)	<input type="checkbox"/>							
▶ Lamb's fry, kidneys serving (90g)	<input type="checkbox"/>							
▶ Veal, chop or roast - 1 chop/4 slices (120g)	<input type="checkbox"/>							
▶ Chicken, duck or rabbit roast - 1 serving (120g)	<input type="checkbox"/>							
▶ Chicken or rabbit stew - 1 cup	<input type="checkbox"/>							
▶ Small goods (frankfurts, brawn, cooked/canned meats) - 1 serving (120g)	<input type="checkbox"/>							

15 Other foods

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Biscuit, 1	<input type="checkbox"/>							
▶ Cake, bun, scone - 1 serving (60g)	<input type="checkbox"/>							
▶ Egg, 1	<input type="checkbox"/>							
▶ Fish, seafood, canned, fresh - 1 serving (90g)	<input type="checkbox"/>							
▶ Potato chips, other vegetable, fried - 1 cup	<input type="checkbox"/>							
▶ Fruit pie - 1 slice	<input type="checkbox"/>							
▶ Baked, milk puddings - 1/2 cup	<input type="checkbox"/>							
▶ Steamed puddings, suet puddings - 1/2 cup	<input type="checkbox"/>							
▶ Soup, home-made - 1 cup	<input type="checkbox"/>							
▶ Chocolate - 4 pieces	<input type="checkbox"/>							
▶ Beer/wine - 1 glass	<input type="checkbox"/>							

16 Other food containing animal fat frequently eaten - if there is a food containing animal fat listed in the Daily Eating Pattern and not listed in the Food Frequency Record, please provide details

Description	Serving size	Never or	Times/week			Times/day			Usual cooking method/other information
		<1/week	1	2-4	5-6	1	2-3	>3	
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>							
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>							

OTHER QUESTIONS

17 What kind of fat was usually used for frying or roasting meat and vegetables?

<input type="checkbox"/> Butter	<input type="checkbox"/> Lard
<input type="checkbox"/> Dripping	<input type="checkbox"/> Vegetable oil
<input type="checkbox"/> Margarine	

18 What type of cooking oil or fat was regularly used?

19 How often would roast vegetables be served?

20 What was the normal cooking method used for vegetables?

21 How often was butter/other fat added to cooked vegetables?

22 How often was gravy added to food?

23 How often was a sauce added to food?

24 What types of sauces?
(e.g. white sauce, tomato sauce).

25 What fat was usually used for baking cakes, biscuits or pies at home?

<input type="checkbox"/> Butter	<input type="checkbox"/> Margarine
<input type="checkbox"/> Lard	<input type="checkbox"/> Suet
<input type="checkbox"/> Vegetable oil	<input type="checkbox"/> None, did not cook
<input type="checkbox"/> Other, please specify	<input type="text"/>

26 Was a special diet ever prescribed for the veteran?

No

Yes Please specify

27 How often was take-away food eaten?

28 What type of take-away food was eaten?

SECTION C

Dietary intake (after service up to onset of prostate cancer)

DAILY EATING PATTERN DETAILS - an example is on page 2

29 Please indicate the period or years that the following post service daily eating pattern details cover.

From to

NOTE: This period should include:

- at least 5 years (if the veteran had operational service); or
- at least 10 years (if the veteran had eligible service) within the 25 years immediately before the onset of prostate cancer.

30 Please complete the daily eating pattern of the veteran for this period in the table provided.

<i>Meal</i>	<i>Food and quantity (if possible)</i>
▶ Breakfast	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
▶ Mid Morning	<input type="text"/> <input type="text"/> <input type="text"/>
▶ Lunch	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
▶ Mid Afternoon/ before dinner snacks	<input type="text"/> <input type="text"/> <input type="text"/>
▶ Dinner	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
▶ Late Evening	<input type="text"/> <input type="text"/> <input type="text"/>

FOOD FREQUENCY RECORD - examples are on page 4

31 Dairy

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Whole milk 1 cup (250ml)	<input type="checkbox"/>							
▶ Fat reduced milk - 1 cup	<input type="checkbox"/>							
▶ Skim milk - 1/2 cup	<input type="checkbox"/>							
▶ Milk condensed sweetened - 1/2 cup	<input type="checkbox"/>							
▶ Evaporated milk - 1/2 cup	<input type="checkbox"/>							
▶ Milk dried, whole - 1 tbsp	<input type="checkbox"/>							
▶ Cream - 1 tbsp	<input type="checkbox"/>							
▶ Ice cream - 1/2 cup	<input type="checkbox"/>							
▶ Yogurt - 1 carton (200ml)	<input type="checkbox"/>							
▶ Cottage, ricotta cheese - 1/2 cup	<input type="checkbox"/>							
▶ Hard cheese - 1 slice (30g)	<input type="checkbox"/>							
▶ Butter added to food and bread - 1 tsp	<input type="checkbox"/>							

32 Fats other than butter

Usual cooking method/other information

▶ Lard, dripping, suet, margarine - 1 tbsp (30g)	<input type="checkbox"/>							
▶ Margarine - 1 tbsp (30g)	<input type="checkbox"/>							
▶ Olive, salad oil - 1 tbsp (30g)	<input type="checkbox"/>							

33 Meats

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Beef roast - 4 slices (120g)	<input type="checkbox"/>							
▶ Small steak (120g)	<input type="checkbox"/>							
▶ Beef or lamb stew - 1 cup	<input type="checkbox"/>							
▶ Corned meat - 4 slices (120g)	<input type="checkbox"/>							
▶ Rissoles/hamburger - 1	<input type="checkbox"/>							
▶ Beef/pork sausage - 1	<input type="checkbox"/>							
▶ Meat pie, small	<input type="checkbox"/>							
▶ Pork chop or roast - 4 slices (120g)	<input type="checkbox"/>							
▶ Ham - 4 slices (120g)	<input type="checkbox"/>							
▶ Bacon - 4 rashers (120g)	<input type="checkbox"/>							
▶ Lamb, mutton chop or roast - 2 chops/4 slices (120g)	<input type="checkbox"/>							
▶ Lamb's fry, kidneys serving (90g)	<input type="checkbox"/>							
▶ Veal, chop or roast - 1 chop/4 slices (120g)	<input type="checkbox"/>							
▶ Chicken, duck or rabbit roast - 1 serving (120g)	<input type="checkbox"/>							
▶ Chicken or rabbit stew - 1 cup	<input type="checkbox"/>							
▶ Small goods (frankfurts, brawn, cooked/canned meats) - 1 serving (120g)	<input type="checkbox"/>							

34 Other foods

Foods	Never or	Times/week			Times/day			Usual cooking method/other information
	<1/week	1	2-4	5-6	1	2-3	>3	
▶ Croissant - 1	<input type="checkbox"/>							
▶ Biscuit, 1	<input type="checkbox"/>							
▶ Cake, bun, scone - 1 serving (60g)	<input type="checkbox"/>							
▶ Egg, 1	<input type="checkbox"/>							
▶ Fish, seafood, canned, fresh - 1 serving (90g)	<input type="checkbox"/>							
▶ Potato chips, other vegetable, fried - 1 cup	<input type="checkbox"/>							
▶ Fruit pie - 1 slice	<input type="checkbox"/>							
▶ Milk pudding - 1/2 cup	<input type="checkbox"/>							
▶ Steamed puddings, suet puddings - 1/2 cup	<input type="checkbox"/>							
▶ Soup - 1 cup	<input type="checkbox"/>							
▶ Chocolate - 4 pieces	<input type="checkbox"/>							
▶ Beer/wine - 1 glass	<input type="checkbox"/>							

35 Other food containing animal fat frequently eaten - if there is a food containing animal fat listed in the Daily Eating Pattern and not listed in the Food Frequency Record, please provide details

Description	Serving size	Never or	Times/week			Times/day			Usual cooking method/other information
		<1/week	1	2-4	5-6	1	2-3	>3	
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>						
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="text"/>						

OTHER QUESTIONS

36 What fat was usually used for frying or roasting meat and vegetables?

- Butter Lard
 Dripping Vegetable oil
 Margarine

37 What type of cooking oil or fat was regularly used?

38 How often would roast vegetables be served?

39 What was the normal cooking method used for vegetables?

40 How often was butter/other fat added to cooked vegetables?

41 How often was gravy added to food?

42 How often was a sauce added to food?

43 What types of sauces?
(e.g. white sauce, tomato sauce)

44 What fat was usually used for baking cakes, biscuits or pies at home?

- Butter Margarine
 Lard Suet
 Vegetable oil None, did not cook
 Other, please specify

45 Was a special diet ever prescribed for the veteran?

- No
Yes ► Please specify

46 How often was take-away food eaten?

47 What type of take-away food was eaten?

SECTION D

Relationship to service

48 Please describe how the change in diet is related to the veteran's service:

SECTION E

Declaration

You are reminded that:

- the Declaration you signed on the claim form also covers the information you supply on this survey.

CLAIMANT'S SIGNATURE

THANK YOU
for providing this information



Date

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