

Uncle Ben's nutri-test : time for a change? / Master Foods.

Contributors

Master Foods.

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Uncle Ben's[®]

BRAND

NUTRI-TEST[®]

Affix
Stamp
Here

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PO Box 59
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PE30 4PS

PLEASE MOISTEN HERE

STEP 3.

Thank you for your time. Please detach the questionnaire, fold as indicated and mail it today. We will then analyse your details and send you the results within 28 days. You will receive a personal analysis of your diet with advice and a certificate to show that you have taken part in the UNCLE BEN'S Nutri-Test[®].

STEP 4.

Please complete the name and address panel below (BLOCK CAPITALS PLEASE).

Title (please delete): Mr/Mrs/Ms/Miss

Name: _____

Address: _____

Postcode: _____

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A CHANGE?
TIME FOR

Uncle Ben's
NUTRI-TEST



INTRODUCING THE UNCLE BENS RANGE – QUICK, HEALTHY AND DELICIOUS

Increasing the level of carbohydrate in your diet is easy with **Uncle Ben's** rice and tasty too. With so many different varieties of rice to choose from, you can treat yourself and your family to a world of new recipes, with perfect results every time.

And to make it even simpler for you to create deliciously different and healthy dishes, **Uncle Ben's** have a wide range of mouth watering sauces to serve with your choice of rice. Look out for them next time you shop and serve your family a meal to remember with **Uncle Ben's**.



THE HEALTHY CHOICE

If you are interested in looking after your health, no doubt you already try to have a healthy, balanced diet. But what really is a 'balanced diet'?

Following detailed research, the Government has published a report, 'Dietary Reference Values' (1991) which is concerned with the meal provision of energy, macronutrients, vitamins and minerals.

One area of particular concern is the level of carbohydrate in our diets. Basically, as a nation, we just aren't eating enough.

In the 1960's, carbohydrates were considered to be 'fattening', so we have tended to cut down on foods such as rice, pasta, potatoes and cereals.

Now this has been identified as a myth - carbohydrates fill you up, not out! Evidence now shows that these important foods should make up at least 50%-55% of our daily food intake.

Without actually monitoring what we eat over a period of time, it is difficult to determine whether we are eating the right mix of carbohydrates, protein and fat. That is why we have developed the Nutri-Test[®] in conjunction with Queen Margaret College, Department of Dietetics and Nutrition, Edinburgh.

By analysing the answers you give on the following questionnaire, we will be able to advise you on how to include a healthier balance of foods in your diet.

It is important to answer the questions as accurately as possible as the results will only be as good as the answers you give.

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WELCOME TO THE NUTRI-TEST[®] QUESTIONNAIRE

This is your opportunity to have your diet analysed. By studying your food intake for an average week, we can determine how well balanced your diet is when compared with the latest guidelines. This will enable us to provide you with the information you need to make healthier decisions when planning your diet.

In order to provide you with your personal Nutri-Test[®] analysis, we would like you to complete the following questionnaire.

Simply estimate your consumption of the listed food items. To help you, each one has been broken down into 'portions'. For every item, enter the number of portions you eat in an average week in the space provided.

If you really want us to help you should be as honest as possible. Remember, the Nutri-Test[®] has been created for you to find out whether your diet is nutritionally balanced. It is for your own personal use and the information will not be shared with anyone else.

You will be guided step by step through your questionnaire, simply follow the instructions as you go.

Please use block capitals throughout.

STEP 1.

A FEW QUESTIONS ABOUT YOU...

Please tick where appropriate.

Are you: Male Female

Height: ___ feet ___ inches

or, _____ cm

Age: 10-17 18-29

30-44 45-54

55-64 65+

EXERCISE LEVEL:

Is your level of physical activity at work and/or during leisure time:

Low: Medium: High:

FOLD HERE

STEP 2.

Please consider how many 'portions' of each of the foods listed below you have consumed over the last seven days. If you have not eaten one of the listed products just leave the intake column blank. Don't worry if you can't remember exactly, a close estimate is all that is required.

NUTRI-TEST[®]

MILK AND DAIRY PRODUCTS

MILK

MILK	PORTION	NUMBER OF PORTIONS IN A WEEK
Whole milk	1/3 pint or 1 average glass	<input type="checkbox"/>
Semi-skimmed	1/3 pint or 1 average glass	<input type="checkbox"/>
Skimmed	1/3 pint or 1 average glass	<input type="checkbox"/>
Flavoured	1/3 pint or 1 average glass	<input type="checkbox"/>

CHEESE

Brie, Edam, processed cheese slices	1 slice or 1 matchbox (1oz)	<input type="checkbox"/>
Cheddar, Gouda, full fat soft cheese	1 level tablespoon or 1 matchbox (1oz)	<input type="checkbox"/>
Reduced fat Cheddar, 'light' cheese	1 level tablespoon or 1 matchbox (1oz)	<input type="checkbox"/>
Cottage cheese	1 tablespoon	<input type="checkbox"/>

YOGHURT

YOGHURT	PORTION	NUMBER OF PORTIONS IN A WEEK
Low fat fruit & flavoured	1 small pot	<input type="checkbox"/>
Low fat plain / low calorie 'diet'	1 small pot	<input type="checkbox"/>
Whole milk - thick & creamy type	1 small pot	<input type="checkbox"/>
Fromage frais	1 small pot	<input type="checkbox"/>
Fromage frais low calorie	1 small pot	<input type="checkbox"/>

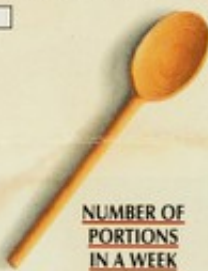
OTHER MILK PRODUCTS

Single cream	1 tablespoon	<input type="checkbox"/>
Double cream	1 tablespoon	<input type="checkbox"/>
Ice-cream	1 scoop	<input type="checkbox"/>
Chocolate coated ice-cream	1 ice	<input type="checkbox"/>

FRUIT AND VEGETABLES

FRUITS

Apples, oranges, pears	1 medium fruit	<input type="checkbox"/>
Bananas	1 medium fruit	<input type="checkbox"/>
Canned in syrup	1/2 teacup	<input type="checkbox"/>
Canned in natural juice	1/2 teacup	<input type="checkbox"/>
Fruit juice	1 average glass	<input type="checkbox"/>
Dried fruit	1 tablespoon	<input type="checkbox"/>



VEGETABLES**PORTION****NUMBER OF PORTIONS IN A WEEK**

Potatoes - boiled	1 egg sized	<input type="checkbox"/>
- mashed, potato salad	1 tablespoon	<input type="checkbox"/>
- baked	1 medium (6oz)	<input type="checkbox"/>
- chips	18 chips	<input type="checkbox"/>
NB: DO NOT INCLUDE YOUR FAST FOOD FRENCH FRIES HERE		
Sweetcorn	1 tablespoon	<input type="checkbox"/>
Tomatoes, cucumber	1 medium / 1" portion	<input type="checkbox"/>
Butter beans, baked beans, lentils, peas	1 tablespoon	<input type="checkbox"/>
Other vegetables, eg. carrots	1/2 teacup	<input type="checkbox"/>

RICE, BREAD, CEREALS AND GRAINS**COOKED RICE**

Brown Rice	1 1/2 teacups (cooked)	<input type="checkbox"/>
White Rice	1 1/2 teacups (cooked)	<input type="checkbox"/>
Fried Rice	1 1/2 teacups (cooked)	<input type="checkbox"/>

BREAD AND CRACKERS

White bread or roll	1 large slice / 1 roll	<input type="checkbox"/>
Brown, white bread with added fibre, eg. Mighty White or roll	1 large slice / 1 roll	<input type="checkbox"/>

BREAD AND CRACKERS**PORTION****NUMBER OF PORTIONS IN A WEEK**

Wholewheat or wholemeal bread or roll	1 large slice / 1 roll	<input type="checkbox"/>
Crackers	2	<input type="checkbox"/>
High fibre crackers	2	<input type="checkbox"/>

CAKES, BUNS AND BISCUITS

Cream cake	1	<input type="checkbox"/>
Doughnut, croissant	1	<input type="checkbox"/>
Scone, teacake	1	<input type="checkbox"/>
Fruit cake	1/6 side plate	<input type="checkbox"/>
Sponge cake	1/6 side plate	<input type="checkbox"/>
Chocolate coated biscuit	1	<input type="checkbox"/>
Plain biscuit, eg. Digestive	1	<input type="checkbox"/>

BREAKFAST CEREALS

High fibre type - eg. branflakes	1 teacup	<input type="checkbox"/>
Unsweetened cereals eg. cornflakes	1 teacup	<input type="checkbox"/>
Sweetened cereals eg. sugar coated	1 teacup	<input type="checkbox"/>
Pomridge	1 1/2 teacups	<input type="checkbox"/>

COOKED PASTA

Filled pasta eg. ravioli	1 small tin / 1 teacup	<input type="checkbox"/>
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FOLD HERE

COOKED PASTA**PORTION****NUMBER OF PORTIONS IN A WEEK**

Spaghetti in tomato sauce	1 small tin / 1 teacup	<input type="checkbox"/>
Macaroni cheese	1 small tin / 1 teacup	<input type="checkbox"/>
Pasta - plain	1 teacup	<input type="checkbox"/>

MEAT, FISH, POULTRY AND EGGS**POULTRY**

Chicken	3 slices	<input type="checkbox"/>
Chicken breaded	1 burger	<input type="checkbox"/>
Chicken / turkey roll	2 slices	<input type="checkbox"/>

BEEF AND LAMB

Roast beef	2 thick slices	<input type="checkbox"/>
Mince or Stew	1/2 teacup	<input type="checkbox"/>
Lamb chop	2 small chops	<input type="checkbox"/>

PORK

Roast pork	2 thick slices	<input type="checkbox"/>
Pork chop	1 average chop (5 oz)	<input type="checkbox"/>
Ham	1 average slice (1 oz)	<input type="checkbox"/>
Bacon	2 rashers	<input type="checkbox"/>
Sausage	2 thin sausages	<input type="checkbox"/>

FISH**PORTION****NUMBER OF PORTIONS IN A WEEK**

Fish fingers	2 fingers	<input type="checkbox"/>
Fish not breaded	1 medium piece	<input type="checkbox"/>
Fish in batter or bread crumbs	1 medium piece	<input type="checkbox"/>
Fish tinned in brine	1 tablespoon	<input type="checkbox"/>
Fish tinned in oil, drained	1 tablespoon	<input type="checkbox"/>
Shellfish (eg. prawns, crab)	1/2 cup	<input type="checkbox"/>

OTHER MEAT AND EGGS

Corned beef	1 thin slice	<input type="checkbox"/>
Luncheon meat	2 slices	<input type="checkbox"/>
Egg	1 large egg	<input type="checkbox"/>

OTHER FOODS**DESSERTS**

Milk pudding	1 teacup	<input type="checkbox"/>
Mousse	1 tub	<input type="checkbox"/>
Fruit pie	1/4 side plate	<input type="checkbox"/>

FAST FOODS

Pizza	1 side plate sized	<input type="checkbox"/>
Hamburger with bun	'Quarterpounder'	<input type="checkbox"/>

FAST FOODS**PORTION****NUMBER OF PORTIONS IN A WEEK**

Sausage roll	1 medium roll	<input type="checkbox"/>
French fries	1 regular portion	<input type="checkbox"/>
NB: DO NOT INCLUDE YOUR HOME-MADE CHIPS HERE		
Indian / Chinese take-away - meat portion only	1 standard portion	<input type="checkbox"/>
Fizzy drink eg. cola	1 can	<input type="checkbox"/>
Diet fizzy drink	1 can	<input type="checkbox"/>
Fruit drink eg. Squash	1 average glass	<input type="checkbox"/>
Milk shake	1 average glass	<input type="checkbox"/>

SOUPS AND SAUCES

Pasta sauce - tomato based	1 teacup	<input type="checkbox"/>
Soup - tinned / packet	1 1/2 teacups	<input type="checkbox"/>
Homemade thick soup	1 1/2 teacups	<input type="checkbox"/>

SNACK FOODS

Crisps	1 small bag	<input type="checkbox"/>
Nuts	1 small bag	<input type="checkbox"/>
Sugar confectionery (eg. pastilles, mints)	1 tube	<input type="checkbox"/>
Chocolate bar	1 small bar	<input type="checkbox"/>

ALCOHOL**PORTION****NUMBER OF PORTIONS IN A WEEK**

Spirits	1 pub measure	<input type="checkbox"/>
Liqueur	1 pub measure	<input type="checkbox"/>
Wine	1 average glass	<input type="checkbox"/>
Beer, lager	1/2 pint	<input type="checkbox"/>

SUGAR AND PRESERVES

Sugar	1 teaspoon	<input type="checkbox"/>
Jam, marmalade, honey	1 teaspoon	<input type="checkbox"/>
Peanut butter	2 teaspoons	<input type="checkbox"/>

FATS

Butter, margarine	2 teaspoons	<input type="checkbox"/>
Low fat spread	2 teaspoons	<input type="checkbox"/>
Cooking oil	1 tablespoon	<input type="checkbox"/>
Mayonnaise / salad cream	1 tablespoon	<input type="checkbox"/>
Reduced calorie mayonnaise / salad cream	1 tablespoon	<input type="checkbox"/>
French dressing	1 tablespoon	<input type="checkbox"/>

