

**CARDIOVASCULAR AND MENTAL HEALTH BENEFITS OF SOY CONSUMPTION:
ROLE OF SOY ISOFLAVONES**

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B Med Pharm Biotech (Hons)

A thesis submitted for the degree of Doctor of Philosophy

Discipline of Physiology

University of Adelaide

South Australia

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APPENDIX 3- Assessment Tools for Soy Food Intervention

Dietary Questionnaire

Questions about what you usually eat and drink

Please fill in the date you completed this questionnaire:

DAY	MONTH	YEAR
	<input type="radio"/> JAN	<input type="radio"/> 1996
	<input type="radio"/> FEB	<input type="radio"/> 1997
<input type="text"/>	<input type="radio"/> MAR	<input type="radio"/> 1998
<input type="text"/>	<input type="radio"/> APR	<input type="radio"/> 1999
<input type="text"/>	<input type="radio"/> MAY	<input type="radio"/> 2000
<input type="text"/>	<input type="radio"/> JUN	<input type="radio"/> 2001
<input type="text"/>	<input type="radio"/> JUL	<input type="radio"/> 2002
<input type="text"/>	<input type="radio"/> AUG	<input type="radio"/> 2003
<input type="text"/>	<input type="radio"/> SEP	<input type="radio"/> 2004
<input type="text"/>	<input type="radio"/> OCT	<input type="radio"/> 2005
<input type="text"/>	<input type="radio"/> NOV	<input type="radio"/> 2006
<input type="text"/>	<input type="radio"/> DEC	<input type="radio"/> 2007

INSTRUCTIONS:

This questionnaire is about your **usual** eating habits **over the past 12 months**. Where possible give only **one answer per question** for the type of food you eat **most often**. (If you can't decide which type you have most often, answer for the types you usually eat.)

- Use a soft pencil only, preferably 2B.
- Do not use **any** biro or felt tip pen.
- Erase mistakes fully.
- Make no stray marks.

Please MARK LIKE THIS:



NOT LIKE THIS:



1. How many pieces of fresh fruit do you usually eat per day? (Count 1/2 cup of diced fruit, berries or grapes as one piece.)

- I don't eat fruit
- less than 1 piece of fruit per day
- 1 piece of fruit per day
- 2 pieces of fruit per day
- 3 pieces of fruit per day
- 4 or more pieces of fruit per day

2. How many different vegetables do you usually eat per day? (Count all types, fresh, frozen or tinned.)

- less than 1 vegetable per day
- 1 vegetable per day
- 2 vegetables per day
- 3 vegetables per day
- 4 vegetables per day
- 5 vegetables per day
- 6 or more vegetables per day

3. What type of milk do you usually use?

- none
- full cream milk
- reduced fat milk
- skim milk
- soya milk

4. How much milk do you usually use per day? (Include flavoured milk and milk added to tea, coffee, cereal etc.)

- none
- less than 250 ml (1 large cup or mug)
- between 250 and 500 ml (1-2 cups)
- between 500 and 750 ml (2-3 cups)
- 750 ml (3 cups) or more

5. What type of bread do you usually eat?

- I don't eat bread
- high fibre white bread
- white bread
- wholemeal bread
- rye bread
- multi-grain bread

6. How many slices of bread do you usually eat per day? (Include all types, fresh or toasted and count one bread roll as 2 slices.)

- less than 1 slice per day
- 1 slice per day
- 2 slices per day
- 3 slices per day
- 4 slices per day
- 5-7 slices per day
- 8 or more slices per day

7. Which spread do you usually put on bread?

- I don't usually use any fat spread
- margarine of any kind
- polyunsaturated margarine
- monounsaturated margarine
- butter and margarine blends
- butter

8. On average, how many teaspoons of sugar do you usually use per day? (Include sugar taken with tea and coffee and on breakfast cereal etc.)

- none
- 1 to 4 teaspoons per day
- 5 to 8 teaspoons per day
- 9 to 12 teaspoons per day
- more than 12 teaspoons per day

9. On average, how many eggs do you usually eat per week?

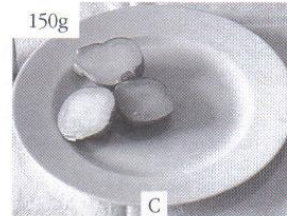
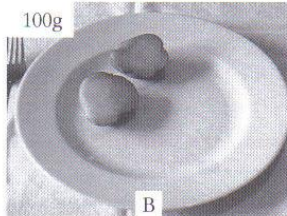
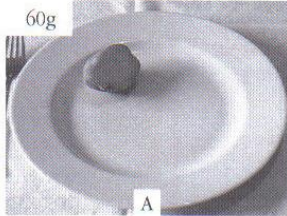
- I don't eat eggs
- less than 1 egg per week
- 1 to 2 eggs per week
- 3 to 5 eggs per week
- 6 or more eggs per week

10. What types of cheese do you usually eat?

- I don't eat cheese
- hard cheeses, e.g. parmesan, romano
- firm cheeses, e.g. cheddar, edam
- soft cheeses, e.g. camembert, brie
- ricotta or cottage cheese
- cream cheese
- low fat cheese

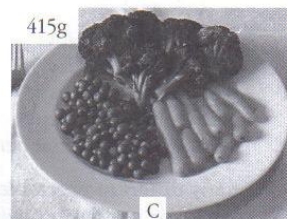
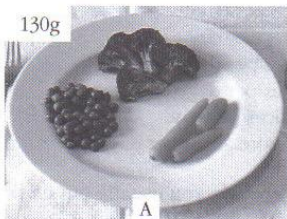
For each food shown on this page, indicate **how much on average you would usually have eaten at main meals during the past 12 months**. When answering each question, think of the **amount** of that food you usually ate, even though you may rarely have eaten the food on its own. If you usually ate more than one helping, fill in the oval for the serving size closest to the **total amount** you ate.

11. When you ate potato, did you usually eat: I never ate potato



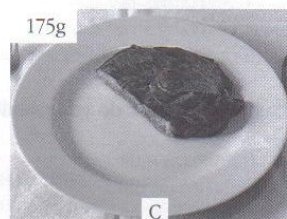
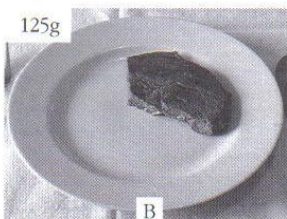
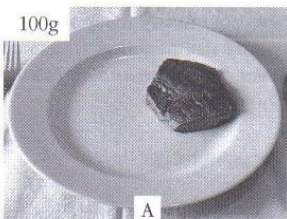
Less than A A Between A & B B Between B & C C More than C

12. When you ate vegetables, did you usually eat: I never ate vegetables



Less than A A Between A & B B Between B & C C More than C

13. When you ate steak, did you usually eat: I never ate steak



Less than A A Between A & B B Between B & C C More than C

14. When you ate meat or vegetable casserole, did you usually eat: I never ate casserole



Less than A A Between A & B B Between B & C C More than C



15. Over the last 12 months, on average, how often did you eat the following foods? Please completely fill one oval in every line. Please MARK LIKE THIS: NOT LIKE THIS:

Times You Have Eaten	N E V E R	less than once	1 to 3 times	1 time	2 times	3 to 4 times	5 to 6 times	1 time	2 times	3 or more times
		per month			per week			per day		
CEREAL FOODS, SWEETS & SNACKS										
All Bran™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sultana Bran™, FibrePlus™, Branflakes™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weet Bix™, Vita Brits™, Weeties™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cornflakes, Nutrigrain™, Special K™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Porridge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muesli	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pasta or noodles (include lasagne)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crackers, crispbreads, dry biscuits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet biscuits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cakes, sweet pies, tarts and other sweet pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat pies, pasties, quiche and other savoury pastries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hamburger with a bun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chocolate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flavoured milk drink (cocoa, Milo™ etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nüts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peanut butter or peanut paste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn chips, potato crisps, Twisties™ etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jam, marmalade, honey or syrups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetemite™, Marmite™ or Promite™	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
DAIRY PRODUCTS, MEAT & FISH										
Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice-cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yoghurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Veal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lamb	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ham	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corned beef, luncheon meats or salami	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sausages or frankfurters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish, steamed, grilled or baked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish, fried (include take-away)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish, tinned (salmon, tuna, sardines etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
FRUIT										
Tinned or frozen fruit (any kind)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit juice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges or other citrus fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pears	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watermelon, rockmelon (cantaloupe), honeydew etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pineapple	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strawberries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apricots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches or nectarines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mango or paw paw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avocado	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<i>Times You Have Eaten</i> CONTINUED	N E V E R	less than once	1 to 3 times	1 time	2 times	3 to 4 times	5 to 6 times	1 time	2 times	3 or more times
		per month			per week			per day		
		VEGETABLES (INCLUDING FRESH, FROZEN AND TINNED)								
Potatoes roasted or fried (include hot chips)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes cooked without fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato sauce, tomato paste or dried tomatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fresh or tinned tomatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peppers (capsicum)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lettuce, endive, or other salad greens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cucumber	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beetroot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cabbage or Brussels sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Silverbeet or spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Green beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bean sprouts or alfalfa sprouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soy beans, soy bean curd or tofu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other beans (include chick peas, lentils etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onion or leeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Garlic (not garlic tablets)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Zucchini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

16. Over the last 12 months, how often did you drink beer, wine and/or spirits?

<i>Times That You Drank</i>	N E V E R	less than once a month	1-3 days per month	1 day per week	2 days per week	3 days per week	4 days per week	5 days per week	6 days per week	every day
Beer (low alcohol)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beer (full strength)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red wine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White wine (include sparkling wines)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fortified wines, port, sherry, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spirits, liqueurs, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When answering the next two questions, please convert the amounts you drink into glasses using the examples given below.

For spirits, liqueurs, and mixed drinks containing spirits, please count each nip (30 ml) as one glass.

1 can or stubby of beer = 2 glasses

1 bottle wine (750 ml) = 6 glasses

1 large bottle beer (750 ml) = 4 glasses

1 bottle of port or sherry (750 ml) = 12 glasses

17. Over the last 12 months, on days when you were drinking, how many glasses of beer, wine and/or spirits altogether did you usually drink?

TOTAL NUMBER OF GLASSES PER DAY	1	2	3	4	5	6	7	8	9	10 or more
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18. Over the last 12 months, what was the maximum number of glasses of beer, wine and/or spirits that you drank in 24 hours?

MAXIMUM NUMBER OF GLASSES PER 24 HOURS	1-2	3-4	5-6	7-8	9-10	11-12	13-14	15-16	17-18	19 or more
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Thank You for completing this questionnaire

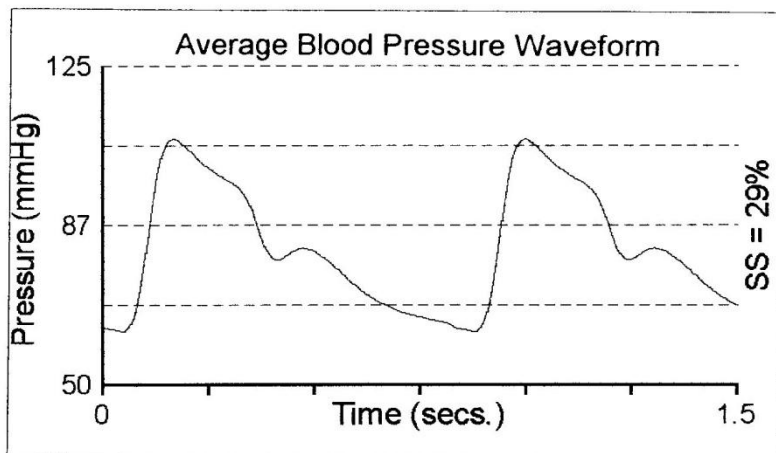
HDI/PulseWave™ CR-2000

Research CardioVascular Profile Report

Research Subject ID:
SD01MC

Research Subject Name:

Date: 06 AUG 2004
 Time: 09:18
 Age: 55 years
 Gender: Female
 Height: 150 cm
 Weight: 80 kg
 BSArea: 1.75 sq. meters
 Body Mass Index: 35.6



PARAMETER	RESEARCH SUBJECT VALUE
SYSTOLIC BLOOD PRESSURE (mmHg)	112
DIASTOLIC BLOOD PRESSURE (mmHg)	67
MEAN ARTERIAL BLOOD PRESSURE (mmHg)	82
PULSE PRESSURE (mmHg)	45
PULSE RATE (beats/min)	72
ESTIMATED CARDIAC EJECTION TIME (msec)	325
ESTIMATED STROKE VOLUME (ml/beat)	74
ESTIMATED STROKE VOLUME INDEX (ml/beat/m ²)	42
ESTIMATED CARDIAC OUTPUT (L/min)	5.2
ESTIMATED CARDIAC OUTPUT INDEX (L/min/m ²)	3.0
LARGE ARTERY ELASTICITY INDEX (ml/mmHg x 10) (Capacitive Arterial Compliance)	14.1
SMALL ARTERY ELASTICITY INDEX (ml/mmHg x 100) (Oscillatory or Reflective Arterial Compliance)	8.6
SYSTEMIC VASCULAR RESISTANCE (dyne·sec·cm ⁻⁵)	1243
TOTAL VASCULAR IMPEDANCE (dyne·sec·cm ⁻⁵)	124

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 Eagan, MN 55121 +1-651-687-9999 Toll-Free: 1-888-PulseWave (785-7392)

Form: 00017-015 (Rev. A / 08.Oct.99)

C-VPI Serial # CR 000474

"For Research Purposes Only"

Subject ID:
Week: 0-6
Site: Adelaide

Food Feedback Questionnaire for Weeks 0-6

Directions

Thank you for completing this questionnaire. This should only take a couple of minutes. Please answer all questions. Please record your study ID code in the box above.

For each study food listed answer the six questions (a,b,c,d,e & f). If you did not eat the study food please skip question.

N.B. These questions are only related to the foods you have been consuming over the last six weeks.

Plain Milk:

a. Please rate on a scale of 1-7 the taste of the study food: _____

Dislike Like
extremely quite slightly neither slightly quite extremely
1 2 3 4 5 6 7

b. Comments on texture, mouth feel, appearance, smell, how you felt after drinking it etc.

c. On average I consumed this food _____ times a week

d. Do you intend to continue to consume this product over the next dietary phase of the study? Yes / No

e. For you to be able to include this product in your diet did you:

1) substitute for a similar product already eaten Y / N If Yes, what did you substitute it for: _____

2) add this product to your normal diet Y / N

f. Would you buy this product in the supermarket if it was comparable in cost to other brands? Y / N

.../1

Chocolate Flavoured Milk:

a. Please rate on a scale of 1-7 the taste of the study food: _____

Dislike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Like
extremely	quite	slightly	neither	slightly	quite	extremely	
1	2	3	4	5	6	7	

b. Comments on texture, mouth feel, appearance, smell, how you felt after drinking it etc.

c. On average I consumed this food _____ times a week

d. Do you intend to continue to consume this product over the next dietary phase of the study? Yes / No

e. For you to be able to include this product in your diet did you:

1) substitute for a similar product already eaten Y / N If Yes, what did you substitute it for: _____

2) add this product to your normal diet Y / N

f. Would you buy this product in the supermarket if it was comparable in cost to other brands? Y / N

Chocolate Flavoured Snack Bar:

a. Please rate on a scale of 1-7 the taste of the study food: _____

Dislike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Like
extremely	quite	slightly	neither	slightly	quite	extremely	
1	2	3	4	5	6	7	

b. Comments on texture, mouth feel, appearance, smell, how you felt after eating it etc.

c. On average I consumed this food _____ times a week

d. Do you intend to continue to consume this product over the next dietary phase of the study? Yes / No

e. For you to be able to include this product in your diet did you:

1) substitute for a similar product already eaten Y / N If Yes, what did you substitute it for: _____

2) add this product to your normal diet Y / N

f. Would you buy this product in the supermarket if it was comparable in cost to other brands? Y / N

.../2

Apricot Delight Biscuits:

a. Please rate on a scale of 1-7 the taste of the study food: _____

Dislike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Like
extremely	quite	slightly	neither	slightly	quite	extremely	
1	2	3	4	5	6	7	

b. Comments on texture, mouth feel, appearance, smell, how you felt after eating it etc.

c. On average I consumed this food _____ times a week

d. Do you intend to continue to consume this product over the next dietary phase of the study? Yes / No

e. For you to be able to include this product in your diet did you:

1) substitute for a similar product already eaten Y / N If Yes, what did you substitute it for: _____

2) add this product to your normal diet Y / N

f. Would you buy this product in the supermarket if it was comparable in cost to other brands? Y / N

Spaghetti :

a. Please rate on a scale of 1-7 the taste of the study food: _____

Dislike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Like
extremely	quite	slightly	neither	slightly	quite	extremely	
1	2	3	4	5	6	7	

b. Comments on texture, mouth feel, appearance, smell, how you felt after eating it etc.

c. On average I consumed this food _____ times a week

d. Do you intend to continue to consume this product over the next dietary phase of the study? Yes / No

e. For you to be able to include this product in your diet did you:

1) substitute for a similar product already eaten Y / N If Yes, what did you substitute it for: _____

2) add this product to your normal diet Y / N

f. Would you buy this product in the supermarket if it was comparable in cost to other brands? Y / N

.../3

Instant Custard Mix:

a. Please rate on a scale of 1-7 the taste of the study food: _____

Dislike Like
extremely quite slightly neither slightly quite extremely
1 2 3 4 5 6 7

b. Comments on texture, mouth feel, appearance, smell, how you felt after eating it etc.

c. On average I consumed this food _____ times a week

d. Do you intend to continue to consume this product over the next dietary phase of the study? Yes / No

e. For you to be able to include this product in your diet did you:

1) substitute for a similar product already eaten Y / N If Yes, what did you substitute it for: _____

2) add this product to your normal diet Y / N

f. Would you buy this product in the supermarket if it was comparable in cost to other brands? Y / N

General Comments on Food Products:

THANK YOU FOR COMPLETING THIS QUESTIONNAIRE

.../4

APPENDIX 4- Macronutrient Profile of Trial Foods used in Soy Food Intervention

ARC Project Freedom Foods Product Nutritional Profile

Fruit Cookie Ingredients: SOYA PROTEIN FORMAULTION.

pear juice concentrate, apple juice concentrate, wholemeal flour, barley bran, rolled oats, Hi-maize™ (high amylose starch), dates, currents (8%), soy protein blend (7%), dried blueberry flakes (6%), dried apples (3%), dates (3%), soy fibre, raising agent (450, 500, 341), emulsifier (soy lecithin, 322), natural boysenberry flavour.

NUTRITION INFORMATION		
Servings per Package: 10		
Serving size: 25g (1 cookie)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	408 kj	1630 0kj
Protein	4.0 g**	16.0 g
Fat, total	0.67g	2.7g
Saturated	0.12g	0.5g
Carbohydrate	15.9g	75.4g
Sugars	8.7g	35g
Dietary Fibre	3g	10.5g
Sodium	72.5mg	290mg
Phytoestrogens	28 mg	56 mg

Fruit Cookie Ingredients: SOYA- DAIRY PROTEIN FORMAULTION

pear juice concentrate, apple juice concentrate, wholemeal flour, barley bran, rolled oats, Hi-maize™ (high amylose starch), dates, currents (8%), soy – dairy protein blend , dried blueberry flakes (6%), dried apples (3%), dates (3%), soy fibre, raising agent (450, 500, 341), emulsifier (soy lecithin, 322), natural boysenberry flavour.

NUTRITION INFORMATION		
Servings per Package: 10		
Serving size: 25g (1 cookie)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	408 kj	1630 kj
Protein	4.0 g**	16.0 g**
Fat, total	0.67g	2.7g
Saturated	0.12g	0.5g
Carbohydrate	15.9g	75.4g
Sugars	8.7g	35g
Dietary Fibre	3g	10.5g
Sodium	72.5mg	290mg
phytoestrogens	28 mg	56 mg

Fruit Cookie Ingredients: DAIRY BASED FORMAULTION

pear juice concentrate, apple juice concentrate, wholemeal flour, barley bran, rolled oats, Hi-maize™ (high amylose starch), dates, currents (8%), , dried blueberry flakes (6%), dried apples (3%), dates (3%), soy fibre, raising agent (450, 500, 341), emulsifier (soy lecithin, 322), natural boysenberry flavour. Added milk protein concentrate

NUTRITION INFORMATION		
Servings per Package: 10		
Serving size: 25g (1 cookie)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	407 kj	1630kj
Protein	4.0 g	16 g
Fat, total	0.67g	2.7g
Saturated	0.12g	0.5g
Carbohydrate	15.9g	75.4g
Sugars	8.7g	35g
Dietary Fibre	3g	10.5g
Sodium	72.5mg	290mg
Phytoestrogens	Nil	Nil

Chocolate Slice Ingredients: SOYA PROTEIN BASED FORMULATION

flour [wholemeal flour, oats, barley bran, soy fibre, Hi-maize™, raising agent (450, 500)], apple concentrate, egg white, soy protein blend, glycerine, chocolate chips (5%), maize thickener (1422), maltodextrin (maize), emulsifier (soy lecithin, 322), emulsifier (471, 475), chocolate flavour 0.2%.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 50g (1 slice)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	850kj	1700kj
Protein	8.0 g	16.0 g
Fat, total	4.2g	8.5g
Saturated	3.3g	6.6g
Carbohydrate	31.4g	62.9 g
Sugars	14.5g	29g
Dietary Fibre	3g	5.9g
Sodium	160mg	320mg
Phytoestrogens	28 mg	56 mg

Chocolate Slice Ingredients: SOYA DAIRY BASED FORMULATION

flour [wholemeal flour, oats, barley bran, soy fibre, Hi-maize™, raising agent (450, 500)], apple concentrate, egg white, soy protein blend, glycerine, chocolate chips (5%), maize thickener (1422), maltodextrin (maize), emulsifier (soy lecithin, 322), emulsifier (471, 475), chocolate flavour 0.2%.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 50g (1 slice)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	850kj	1700kj
Protein	8.0 g	16.0 g
Fat, total	4.2g	8.5g
Saturated	3.3g	6.6g
Carbohydrate	31.4g	62.9 g
Sugars	14.5g	29g
Dietary Fibre	3g	5.9g
Sodium	160mg	320mg
Phytoestrogens	28 mg	56 mg

Chocolate Slice Ingredients: DAIRY BASED FORMULATION

flour [wholemeal flour, oats, barley bran, soy fibre, Hi-maize™, raising agent (450, 500)], apple concentrate, egg white, soy protein blend, glycerine, chocolate chips (5%), maize thickener (1422), maltodextrin (maize), emulsifier (soy lecithin, 322), emulsifier (471, 475), chocolate flavour 0.2%.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 50g (1 slice)		
	Average Quantity per Serving	Average Quantity per 100g
Energy	850kj	1700kj
Protein	8.0 g	16.0 g
Fat, total	4.2g	8.5g
Saturated	3.3g	6.6g
Carbohydrate	31.4g	62.9 g
Sugars	14.5g	29g
Dietary Fibre	3g	5.9g
Sodium	160mg	320mg
Phytoestrogens	Nil	Nil

Spaghetti: SOYA PROTEIN BASED FORMULATION

INGREDIENTS: RICE FLOUR, MAIZE FLOUR, POTATO STARCH, WATER, SOYA PROTEINS 9 (+ Isoflavones) HI-MAIZE™ (HIGH AMYLOSE STARCH), INULIN (DIETARY FIBRE), VITAMINS (THIAMINE, RIBOFLAVIN, NIACIN, VITAMIN B6, VITAMIN E, FOLATE) AND MINERALS BLEND (IRON, MAGNESIUM, ZINC).

NUTRITION INFORMATION		
Average Quantity Per 100g Ave Quantity /serve 62.5 g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	960kj	1540kj
Protein	8.0 g	12.8 g
Fat, total	0.4g	0.6g
Saturated	0.0 g	0.0g
Carbohydrate	48.5g	78g
Sugars	0.5g	0.9g
Dietary Fibre	3.2g	5.1g
Sodium	8.7mg	14mg
Potassium	103mg	165mg
Phytoestrogens	28	45

Spaghetti: SOYA DAIRY BASED FORMULATION

INGREDIENTS: RICE FLOUR, MAIZE FLOUR, POTATO STARCH, WATER, SOYA PROTEINS + DAIRY PROTEINS (+ ISOFLAVONES), HI-MAIZE™ (HIGH AMYLOSE STARCH), INULIN (DIETARY FIBRE), VITAMINS (THIAMINE, RIBOFLAVIN, NIACIN, VITAMIN B6, VITAMIN E, FOLATE) AND MINERALS BLEND (IRON, MAGNESIUM, ZINC)

NUTRITION INFORMATION		
Average Quantity Per 100g Ave Quantity /serve 62.5 g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	960kj	1540kj
Protein	8.0 g	12.8 g
Fat, total	0.4g	0.6g
Saturated	0.0 g	0.0g
Carbohydrate	48.5g	78g
Sugars	0.5g	0.9g
Dietary Fibre	3.2g	5.1g
Sodium	8.7mg	14mg
Potassium	103mg	165mg
Phytoestrogens	28	45

Spaghetti: DAIRY BASED FORMULATION

INGREDIENTS: RICE FLOUR, MAIZE FLOUR, POTATO STARCH, WATER, DAIRY PROTEINS, HI-MAIZE™ (HIGH AMYLOSE STARCH), INULIN (DIETARY FIBRE), VITAMINS (THIAMINE, RIBOFLAVIN, NIACIN, VITAMIN B6, VITAMIN E, FOLATE) AND MINERALS BLEND (IRON, MAGNESIUM, ZINC).

NUTRITION INFORMATION		
Average Quantity Per 100g Ave Quantity /serve 62.5 g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	960kj	1540kj
Protein	8.0 g	12.8 g
Fat, total	0.4g	0.6g
Saturated	0.0 g	0.0g
Carbohydrate	48.5g	78g
Sugars	0.5g	0.9g
Dietary Fibre	3.2g	5.1g
Sodium	8.7mg	14mg
Potassium	103mg	165mg
Phytoestrogens	Nil	Nil

Custard: SOYA PROTEIN BASED FORMULATION

INGREDIENTS: - BEVERAGE WHITNER, SUGAR, SOY PROTEINS (+ ISOFLAVONES), MALTODEXTRIN(CORN), MAIZETHICKNER (1422), MINERAL SALT (451), VANILLA FLAVOUR, VEGETABLE GUM (412), SALT, NATURAL COLOUR.

NUTRITION INFORMATION	
Average Quantity Per 100g = 1 Serving size	
	Average Quantity per Serving
Energy	1650kj
Protein	8.0 g
Fat, total	12.3g
Saturated	4.9 g
Carbohydrate	63.4g
Sugars	31.4g
Dietary Fibre	7.6g
Sodium	720mg
Phytoestrogens	28

Custard: SOYA DAIRY BASED FORMULATION

INGREDIENTS: - BEVERAGE WHITNER, SUGAR, SOY PROTEINS + DAIRY PROTIENS (+ ISOFLAVONES), MALTODEXTRIN(CORN), MAIZETHICKNER (1422), MINERAL SALT (451), VANILLA FLAVOUR, VEGETABLE GUM (412), SALT, NATURAL COLOUR.

NUTRITION INFORMATION	
Average Quantity Per 100g = 1 Serving size	
	Average Quantity per Serving
Energy	1650kj
Protein	8.0 g
Fat, total	12.3g
Saturated	4.9 g
Carbohydrate	63.4g
Sugars	35.4g
Dietary Fibre	3.6g
Sodium	720mg
Phytoestrogens	28

Custard: DAIRY BASED FORMULATION

INGREDIENTS: - BEVERAGE WHITNER, SUGAR, DAIRY PROTEINS, MALTODEXTRIN(CORN), MAIZETHICKNER (1422), MINERAL SALT (451), VANILLA FLAVOUR, VEGETABLE GUM (412), SALT, NATURAL COLOUR.

NUTRITION INFORMATION	
Average Quantity Per 100g = 1 Serving size	
	Average Quantity per Serving
Energy	1650kj
Protein	8.0 g
Fat, total	12.3g
Saturated	4.9 g
Carbohydrate	63.4g
Sugars	38.4g
Dietary Fibre	0.6g
Sodium	720mg
Lactose	5.3g

Plain Milk: DAIRY BASED FORMULATION

MANUFACTURER: So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555 Fax: (02) 9525 5406

INGREDIENTS : Dairy milk low fat.

PRODUCT DESCRIPTION :

Partially defatted or fat reduced dairy milk. This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 6.7 ± 0.2
Fat: <1.5%
Protein: 3.1%
Brix: 9.0 -10.0
Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of 12 months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within 5 days after.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 250 ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	480 kJ	192 kJ
Protein	7.8 g	3.1 g
Fat, total	3.7 g	1.5 g
Saturated	2.2 g	0.9 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0g
Carbohydrate	12.5g	5.0 g
Sugars	5.0 g	5.0 g
Sodium	125mg	50 mg
Calcium	300 mg	120 mg (37% RDI*)
Phytoestrogens	Nil	Nil

Plain Milk: SOYA BASED FORMAUCTION

MANUFACTURER: So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555 Fax: (02) 9525 5406

INGREDIENTS

WATER, SOYA PROTEIN ISOLATE (4%), MALTODEXTRIN (CORN), SUGAR, CANOLA OIL, DIETARY FIBRE (INULIN), MINERAL SALTS (450, 509, 529), FOOD ACID (332), ISOLIFE, FLAVOURS, VITAMINS (RIBOFLAVIN, VITAMIN A, VITAMIN B12).

PRODUCT DESCRIPTION

Uniform and smooth in texture, creamy white in appearance, rich and full flavoured soy drink. To be consumed by the general public in its original form. Can be used as a replacement for dairy milk in recipes, and consumed hot or cold. This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 7.15 ± 0.2
Fat: 1.5%
Protein: 3.4%
Brix: 11.8 -12.8
Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of ten months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within five days.

NUTRITION INFORMATION

Servings per Package: 1

Serving size: 250 ml

	Average Quantity per Serving	Average Quantity per 100ml
Energy	480 kJ	192 KJ
Protein	8.5g	3.4g
Fat, total	3.7g	1.5g
Saturated	0.2g	0.1g
Trans fatty acids	0.0g	0.0g
Polyunsaturated	1.2g	0.5g
Monounsaturated	2.3g	0.9g
Cholesterol	0.0mg	0.0mg
Total Carbohydrate	11.7g	4.7g
Sugars	4.0g	1.6g
Lactose	0.0g	0.0g
Galactose	0.0g	0.0g
Sodium	145mg	58mg
Calcium	300mg	120mg
Riboflavin	0.43mg	0.17mg
Vitamin A	100ug	40ug
Vitamin B12	0.75ug	0.3ug
Phytoestrogens	30.mg	12.0mg

Plain Milk: SOYA-DAIRY BASED FORMAUCTION

MANUFACTURER:

So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555

Fax: (02) 9525 5406

INGREDIENTS :

Dairy milk low fat, whole soybean milk (50%), Nat Malt extract, isolife, maltodextrin, calcium phosphate, salt.

PRODUCT DESCRIPTION :

This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 6.7 ± 0.2

Fat: <1.5%

Protein: 3.1%

Brix: 9.0 -10.0

Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of nine months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within five days.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 250 ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	532 kJ	213 kJ
Protein	8.0 g	3.1 g
Fat, total	3.7 g	1.5 g
Saturated	1.2 g	0.5 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0g
Carbohydrate	15.5g	6.2 g
Sugars	8.7 g	3.5 g
Sodium	175 mg	70 mg
Calcium	300 mg	120 mg (37% RDI*)
Phytoestrogens	30 mg	12 mg

Chocolate Milk: DAIRY BASED FORMAULTION

MANUFACTURER: So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555 Fax: (02) 9525 5406

INGREDIENTS :

Dairy milk low fat, Cocoa premix (sugar, Cocoa powder, flavours).

PRODUCT DESCRIPTION :

This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 6.7 ± 0.2
Fat: <1.5%
Protein: 3.1%
Brix: 9.0 -10.0
Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of nine months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consume within five days.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 250 ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	687kJ	275kJ
Protein	7.8 g	3.1 g
Fat, total	3.7 g	1.5 g
Saturated	2.0 g	0.9 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0g
Carbohydrate	25.0g	10.0 g
Sugars	12.5g	10.0 g
Sodium	125 mg	50 mg
Calcium	300 mg	120 mg (37% RDI*)
Phytoestrogens	Nil	Nil

Chocolate Milk: SOYA-DAIRY BASED FORMAULTION

MANUFACTURER: So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555 Fax: (02) 9525 5406

INGREDIENTS :

Dairy milk low fat, whole soybean milk (50%), Chocolate pre mix(sugar, cocoa powder, flavours), Nat Malt extract, Isolife, maltodextrin, calcium phosphate, salt.

PRODUCT DESCRIPTION :

This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 6.8 ± 0.1
Fat: <1.5%
Protein: 3.1%
Brix: 9.0 -10.0
Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of nine months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within five days.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 250 ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	742 kJ	297 kJ
Protein	8.0 g	3.1 g
Fat, total	3.7 g	1.5 g
Saturated	1.2 g	0.5 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0g
Carbohydrate	28.0g	11.2 g
Sugars	21.2 g	8.5 g
Sodium	175 mg	70 mg
Calcium	300 mg	120 mg (37% RDI*)
Phytoestrogens	30 mg	12 mg

Chocolate Milk: SOYA PROTEIN FORMAUCTION

MANUFACTURER: So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555 Fax: (02) 9525 5406

INGREDIENTS

WATER, SOYA PROTEIN ISOLATE (4%), Cocoa premix(sugar, cocoa powder, flavours), MALTODEXTRIN (CORN), SUGAR, CANOLA OIL, DIETARY FIBRE (INULIN), MINERAL SALTS (450, 509, 529), FOOD ACID (332), FLAVOURS, VITAMINS (RIBOFLAVIN, VITAMIN A, VITAMIN B12).

PRODUCT DESCRIPTION

Uniform and smooth in texture, milky brown in appearance, rich and full flavoured soy – chocolate drink. To be consumed by the general public in its original form. Can be used as a replacement for dairy milk in recipes, and consumed hot or cold. This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 7.15 ± 0.2
Fat: 1.5%
Protein: 3.4%
Brix: 11.8 -12.8
Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of nine months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within five days.

NUTRITION INFORMATION

Servings per Package: 1

Serving size: 250 ml

	Average Quantity per Serving	Average Quantity per 100ml
Energy	680 kJ	272 KJ
Protein	8.5g	3.4g
Fat, total	3.7g	1.5g
Saturated	0.2g	0.1g
Trans fatty acids	0.0g	0.0g
Polyunsaturated	1.2g	0.5g
Monounsaturated	2.3g	0.9g
Cholesterol	0.0mg	0.0mg
Total Carbohydrate	33.6g	9.7g
Sugars	16.5g	6.6g
Lactose	0.0g	0.0g
Galactose	0.0g	0.0g
Sodium	145mg	58mg
Calcium	300mg	120mg
Riboflavin	0.43mg	0.17mg
Vitamin A	100ug	40ug
Vitamin B12	0.75ug	0.3ug
Phytoestrogens	30.mg	12.0mg

Coffee Milk: SOYA PROTEIN FORMAUCTION

MANUFACTURER:

So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555

Fax: (02) 9525 5406

INGREDIENTS

WATER, SOYA PROTEIN ISOLATE (4%), SUGAR (5%), MALTODEXTRIN (CORN), CANOLA OIL, DIETARY FIBRE (INULIN), MINERAL SALTS (450, 509, 529), FOOD ACID (332), COFFEE POWDER, ISOLIFE, FLAVOURS, VITAMINS (RIBOFLAVIN, VITAMIN A, VITAMIN B12).

PRODUCT DESCRIPTION

Uniform and smooth in texture, creamy white in appearance, rich and Coffee flavoured soy drink. To be consumed by the general public in its original form. Can be used as a replacement for dairy milk in recipes, and consumed hot or cold. This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 7.15 ± 0.2
Fat: 1.5%
Protein: 3.4%
Brix: 11.8 -12.8
Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of ten months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within five days.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 250 ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	625 kJ	250 KJ
Protein	8.5g	3.4g
Fat, total	3.7g	1.5g
Saturated	0.2g	0.1g
Trans fatty acids	0.0g	0.0g
Polyunsaturated	1.2g	0.5g
Monounsaturated	2.3g	0.9g
Cholesterol	0.0mg	0.0mg
Total Carbohydrate	20.5g	8.2g
Sugars	13g	5.1g
Lactose	0.0g	0.0g
Galactose	0.0g	0.0g
Sodium	145mg	58mg
Calcium	300mg	120mg
Riboflavin	0.43mg	0.17mg
Vitamin A	100ug	40ug
Vitamin B12	0.75ug	0.3ug
Phytoestrogens	30.mg	12.0mg

Coffee Milk: SOYA-DAIRY BASED FORMAULTION

MANUFACTURER:

So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555

Fax: (02) 9525 5406

INGREDIENTS :

Dairy milk low fat, whole soybean milk, Sugar, Nat Malt extract, Isolife, Coffee powder, calcium phosphate, salt.

PRODUCT DESCRIPTION :

This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 6.8 ± 0.1

Fat: <1.5%

Protein: 3.1%

Brix: 9.0 -10.0

Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of nine months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within five days.

NUTRITION INFORMATION

Servings per Package: 1

Serving size: 250 ml

	Average Quantity per Serving	Average Quantity per 100ml
Energy	772 kJ	309 kJ
Protein	8.0 g	3.1 g
Fat, total	3.7 g	1.5 g
Saturated	1.2 g	0.5 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0g
Carbohydrate	30.0g	12.0 g
Sugars	22 g	9.0 g
Sodium	175 mg	70 mg
Calcium	300 mg	120 mg (37% RDI*)
Phytoestrogens	30 mg	12 mg

Coffee Milk: DAIRY BASED FORMULATION

MANUFACTURER: So Natural Foods Australia Ltd.
80 Box Road
Taren Point NSW 2229
Ph (02) 9526 2555

Fax: (02) 9525 5406

INGREDIENTS :

Dairy milk low fat, Sugar, Coffee powder.

PRODUCT DESCRIPTION :

Partially defatted or fat reduced dairy milk with coffee notes. This product is not suitable as a complete food for children under the age of two years.

PHYSICAL AND CHEMICAL CHARACTERISTICS

pH: 6.7 ± 0.2
Fat: <1.5%
Protein: 3.1%
Brix: 9.0 -10.0
Fat Globule Size (FGS): ≤ 2.0 microns

MICROBIOLOGICAL CHARACTERISTICS

Commercially sterile. SNF maintains a strict quality control program.

SHELF LIFE AND STORAGE CONDITIONS

The product has a shelf life of 12 months. Product can be stored at ambient temperature, but must be refrigerated after opening (temp < 4°C) and consumed within 5 days after.

NUTRITION INFORMATION		
Servings per Package: 1		
Serving size: 250 ml		
	Average Quantity per Serving	Average Quantity per 100ml
Energy	688 kJ	275 kJ
Protein	7.8 g	3.1 g
Fat, total	3.7 g	1.5 g
Saturated	2.2 g	0.9 g
Polyunsaturated	0 g	0 g
Monounsaturated	0 g	0g
Carbohydrate	25.0g	10.0 g
Sugars	25.0 g	10.0 g
Sodium	125 mg	50 mg
Calcium	300 mg	120 mg (37% RDI*)
Phytoestrogens	Nil	Nil

