

### Tomato sauce survey

#### Personal information

##### Age group

- ☐ 10 – 19
- ☐ 20 – 29
- ☐ 30 and above

##### Gender

- ☐ Male
- ☐ Female

#### Questions

##### Choose the correct answer

1. Are you a person that takes note of the amount of sugar you consume daily?
  - a. Yes
  - b. No
2. Do you know what citric acid (E330) is?
  - a. Preservative
  - b. Colourant
  - c. Thickener
  - d. Flavourant
3. How many teaspoons of sugar does one serving (100ml) of tomato sauce contain?
  - a. 3
  - b. 1
  - c. 4
  - d. 6
4. Why do you buy a specific brand of tomato sauce?
  - a. Price
  - b. Health reason
  - c. Habit or taste
  - d. Design of the bottle
5. Do you check the ingredients and nutritional information on the bottle?
  - a. Yes
  - b. No
6. Do you think there is a difference in taste between normal tomato sauce and organic tomato sauce?
  - a. Yes
  - b. No
7. Why do you put tomato sauce on your food
  - a. Habit
  - b. To taste better
8. Do you believe that if the packaging says “no preservatives, colourants or artificial thickeners”, it is healthy?
  - a. Yes
  - b. No
9. Do you consider the expiry date before you purchase the product?
  - a. Always
  - b. Sometimes
  - c. Never
10. Do you refrigerate your tomato sauce after opening?
  - a. Always
  - b. Sometimes
  - c. Never

#### Did you know?

- ☐ One serving of tomato sauce is equals to 4 teaspoons of sugar
- ☐ Ingredients on the packaging is in reverse order of the mass, that makes sugar the second highest quantity of the ingredients in tomato sauce
- ☐ Just because the packaging say “no preservatives, colourants or artificial thickeners” it does not make it more healthy, there is still unhealthy flavourants
- ☐ Citric acid (E330) is an unhealthy flavourant that is bad for your teeth and gums

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