

### Questionnaire – Bread and crackers

1. Which flour based staple food do you prefer to eat?  
Bread          Crackers          Rolls    Other, specify \_\_\_\_\_
2. Why do you prefer it?  
Healthier          less expensive          other, specify \_\_\_\_\_
3. Which bread do you prefer?  
White          Seed    Whole wheat          Gluten free    Low GI          Best of both  
Other, specify \_\_\_\_\_
4. Which brand do you prefer  
Albany          Sasko          Blue ribbon    Woolworths    Other, specify \_\_\_\_\_
5. Which crackers do you prefer? \_\_\_\_\_
6. Do you look at the ingredients on any food you buy?  
Yes          No
7. Do you look at the ingredients on the bread / crackers you buy?  
Yes          No
8. If you answered yes for questions 6 and 7, do you know what all ingredients are?  
Yes          No
9. Do prices play a role in the selection of your bread?  
Yes          No
10. How often do you eat bread/crackers?
  - Every day
  - Once a week
  - Seldom
  - Never
11. What is your age group?
  - 13-25          - 26-49          - 50- above
12. What gender are you?
  - male    -female

Thank you very much for your time to complete this survey.

### Questionnaire – Bread and crackers

1. Which flour based staple food do you prefer to eat?  
Bread          Crackers          Rolls    Other, specify \_\_\_\_\_
2. Why do you prefer it?  
Healthier          less expensive          other, specify \_\_\_\_\_
3. Which bread do you prefer?  
White          Seed    Whole wheat          Gluten free    Low GI          Best of both  
Other, specify \_\_\_\_\_
4. Which brand do you prefer  
Albany          Sasko          Blue ribbon    Woolworths    Other, specify \_\_\_\_\_
5. Which crackers do you prefer? \_\_\_\_\_
6. Do you look at the ingredients on any food you buy?  
Yes          No
7. Do you look at the ingredients on the bread / crackers you buy?  
Yes          No
8. If you answered yes for questions 6 and 7, do you know what all ingredients are?  
Yes          No
9. Do prices play a role in the selection of your bread?  
Yes          No
10. How often do you eat bread/crackers?
  - Every day
  - Once a week
  - Seldom
  - Never
11. What is your age group?
  - 13-25          - 26-49          - 50- above
12. What gender are you?
  - male    -female
13. Thank you very much for your time to complete this survey.