

**35 Using the measures below, how much of the following did you eat yesterday?**

*Please read through the whole list before answering.*

*For each food type, write '0' if none eaten.*

*Write in number*

- Salad (cereal bowlfuls)   x 1
- Tablespoons of vegetables (raw, cooked, frozen or tinned)  
*Include peas and greens. Do not include potatoes*   x 1/3
- Tablespoons of pulses such as baked beans, red kidney beans, lentils   x 1/3 (up to 1)
- Tablespoons of other dishes mainly made from vegetables or pulses, such as vegetable lasagne or vegetable curry   x 1/3

**36 Using the measures below, how much of the following did you eat yesterday?**

*Please read through the whole list before answering.*

*For each food type, write '0' if none eaten.*

*Write in number*

- Average handfuls of very small fruit, such as grapes, berries   x 1/2
- Small fruit, such as plums, satsumas   x 1/2
- Medium fruit, such as apples, bananas, oranges   x 1
- Half a large fruit, such as grapefruit   x 1
- Average slices of a very large fruit, such as melon   x 1
- Tablespoons of frozen or tinned fruit   x 1/3
- Tablespoons of dried fruit, such as raisins, apricots   x 1 (up to 1)
- Tablespoons of other dishes made mainly from fruit such as fruit salad or fruit pies   x 1/3
- Small glasses of fruit juice   x 1 (up to 1)

**Figure S1.** Self-completion questionnaires for fruit and vegetable consumption at English Longitudinal Study of Ageing wave 4 and conversion rates into portion.