



EPIC Study
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The EPIC study of nutrition and health: will you help us again?

About ten years ago you kindly helped our research by filling in a questionnaire for EPIC. Last year you should have received a follow-up questionnaire with an update on the progress of the study.

We are writing now to ask whether you would be prepared to help us yet again by filling in a diary of what you eat and drink for seven consecutive days. A food diary for you is enclosed – you may already have filled in one of these about ten years ago.

If you would like to help us, please follow the instructions in the diary and write down exactly what you eat and drink over the next week, or a week at your earliest convenience. We understand that this is asking for quite a lot of your time, but the food diary is a very important part of the information collected for EPIC.

The questionnaires which you have already completed included many questions on your food intake, but could not cover all aspects of diet such as the exact types of food, cooking methods and meal patterns. Filling in the food diary will complete the picture of your usual diet. Please read the instructions carefully and give us as much detail as possible.

We hope very much that you will continue to help us with EPIC by completing the food diary. Please send back the diary in the enclosed prepaid envelope.

If you need to contact us again you can write to Freepost RRBX-YLGS-ZGET, EPIC Study, Cancer Epidemiology Unit, University of Oxford, Richard Doll Building, Roosevelt Drive, Oxford OX3 7DG, or telephone us on (01865) 289611, or email us at queries@epic-oxford.org

Further information on EPIC-Oxford can be found at: www.epic-oxford.org

Thank you very much for your help.

Professor Tim Key