Table 1

Details of the 1,523 portions of food ingested by the 25 food diary study participants, and reports of nosebleed effects in the 2013 HHT Survey

|  | **2011 7-day weighed food diary** | **2013 HHT Survey on Nosebleeds** |
| --- | --- | --- |
| **Total reports** | **Food item seemed to bring on nosebleeds** | **Food item seemed to help nosebleeds** |
| **Category** | **Number ingesting** | **Total Portions** | **Tertile of ingestion** | **Number ingesting** | **Number reporting** | **%** | **Number reporting** | **%** |
| Sweets | 6 | 21 | 1 | 259 | 18 | 6.95 | 0 | 0.00 |
| Strawberries/other berries | 10 | 24 | 1 | 260 | 25 | 9.62 | 5 | 1.92 |
| Beans and lentils | 11 | 16 | 1 | 258 | 2 | 0.78 | 4 | 1.55 |
| Savory biscuits | 13 | 21 | 1 | 238 | 5 | 2.10 | 0 | 0.00 |
| Citrus fruits | 13 | 48 | 1 | 262 | 21 | 8.02 | 2 | 0.76 |
| Chocolate | 14 | 29 | 1 | 265 | 37 | 13.96 | 1 | 0.38 |
| Crisps | 15 | 45 | 2 | 242 | 2 | 0.83 | 0 | 0.00 |
| Bananas, melons | 16 | 56 | 2 | 260 | 9 | 3.46 | 3 | 1.15 |
| Sweet biscuits | 19 | 59 | 2 | 243 | 7 | 2.88 | 0 | 0.00 |
| Fast or frozen foods | 21 | 57 | 2 | 240 | 9 | 3.75 | 2 | 0.83 |
| Breakfast cereals | 22 | 126 | 2 | 253 | 5 | 1.98 | 0 | 0.00 |
| Cheese | 22 | 66 | 2 | 263 | 17 | 6.46 | 0 | 0.00 |
| Meat or fish | 24 | 148 | 3 | 259 | 13 | 5.02 | 6 | 2.32 |
| Green vegetables | 24 | 122 | 3 | 268 | 6 | 2.24 | 10 | 3.73 |
| Other vegetables | 24 | 153 | 3 | 264 | 10 | 3.79 | 4 | 1.52 |
| Bread | 25 | 166 | 3 | 260 | 7 | 2.69 | 1 | 0.38 |
| Potatoes, rice and pasta | 25 | 84 | 3 | 262 | 5 | 1.91 | 0 | 0.00 |
| Milk/yoghurt/butter | 25 | 179 | 3 | 262 | 11 | 4.20 | 3 | 1.15 |