

## Questions about your dietary intake the previous three months

1 How many slices of bread (crisp + soft bread) do you eat on average per day  or per week?

2 On how many of these do you have margarine spread?.....

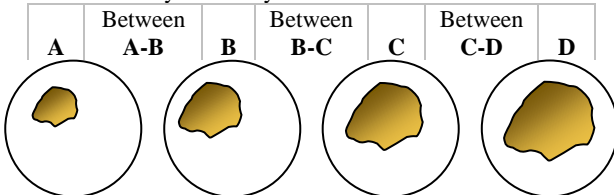
3 How many slices of cheese (hard + soft cheese) do you eat on average per day  or per week?

4 How many fruits and/or portions of berries do you eat on average per day  or per week?

5 How many potatoes (both boiled, baked, mashed) do you eat on average per day  or per week?

6 How many deciliters of milk, sour milk and yoghurt do you eat on average per day  or per week?   
(1 glass = 2 dl)

7 How many portions per week do you eat on average of the food items below and what portion size pictures agree best with how much you usually eat?



	times/week	picture
Chicken and other poultry dishes		
Meat dishes, dishes with minced meat or sausage		
Fish dishes and shellfish dishes		
Vegetables (in dishes, salad, as a side dish)		
Pasta, macaroni, spaghetti		
Rice		
Pommes frites, fried potatoes		

8 How many deciliters of sweet drinks (soft drinks, diet soft drinks, syrup, fruit drinks, juice, 1 glass = 2 dl) do you drink on average per week  or per month?

9 How many deciliters of alcoholic drinks (low/medium/strong alcohol beer, cider, wine and spirits) do you drink on average per week  or per month?

10 How many deciliters of cream and crème fraiche do you eat on average per week  or per month?

11 How many deciliters of ice cream do you eat on average per week  or per month?

12 How many deciliters of chips and nachos do you eat on average per week  or per month?

13 How many cookies and crackers do you eat on average per week  or per month?

14 How many buns, pastries and pieces of cake do you eat on average per week  or per month?

15 How many grams of sweets and chocolate do you eat on average per week  or per month?

(1 sweet = 5 grams och 1 hectogram = 100 grams)

16 Give the percentage distribution of your average amount of intake of the three given alternatives so that the sum becomes 100%.

White bread, whole wheat bread	
Wholemeal bread	
Wholegrain bread, crisp bread	
= 100%	

Margarine spread on bread, 70-80% fat	
Margarine spread on bread, 60% fat	
Margarine spread on bread, 40% fat or less	
= 100%	

Low fat cheese ca 17%	
Cheese with normal fat content ca 28%	
High fat cheese and soft cheese	
= 100%	

High fat milk/sour milk/yoghurt (3% fat or more)	
Milk/sour milk/yoghurt (1.5% fat)	
Low fat milk/sour milk/yoghurt (0.5% fat or less)	
= 100%	

Meat dishes (beef, pork, lamb, game)	
Minced meat dishes (meatballs, hamburger, mincemeat sauce)	
Sausage dishes (fried, boiled, hot dogs, au gratin)	
= 100%	

Salmon, char, tuna, fish fingers	
Cod, coalfish, whitefish, plaice	
Herring, Baltic herring, mackerel	
= 100%	

Vegetables e.g. salad, tomatoes, cucumber	
Vegetables e.g. pepper, carrots, corn	
Vegetables e.g. cabbage, broccoli, cauliflower	
= 100%	

Soft drinks, syrup, fruit juices	
Diet soft drinks, diet drinks	
Juice	
= 100%	

Beer and cider (low, medium and strong alcohol)	
Wine (red and white)	
Spirits (vodka, whisky, brandy och liqueur)	
= 100%	

17 How often do you take dietary supplements containing the following...

(write 0 if never)	<b>times/week</b>	or	<b>times/month</b>
... iron		or	
... calcium		or	
... selenium		or	
... zinc		or	
... folic acid		or	
... fish oil		or	