**SUPPLEMENTARY MATERIAL**

**Part 1:** Food-Frequency Questionnaire

**Name:**..................................

**Date: / /**

In this food-frequency questionnaire we inquire about your food habits of the **past 3 months**. In the following table a variety of food products (food groups) is listed. Please describe (as exact as possible) how often you eat or drink the listed products and indicate the average daily portion. Consider also the meals taken away from home.

**How often (frequency)?**

In the column with the heading ‘How often do you consume the following product?’ there are 6 possible answers.

* Never or less than once per month
* 1-3 days per month
* 1 day per week
* 2-4 days per week
* 5-6 days per week
* Every day

Indicate your choice by filling in the circle near the answer that is most suitable for you.

**How much?**

In the column with the heading 'What is the average portion per day?' 3 to 5 portion size options are given.

In the column with the heading 'Example portion sizes', a number of directive weights and measures are given. These can help you to quantify the average portion sizes. Indicate your choice by filling in the circle near the answer that is most suitable for you.

**Which type do you usually use?**

In the last column you should indicate for some food products (food groups) the type you usually use. Please choose only one answer, unless options are equally frequent. In the latter case you may indicate more options.

In case you would fill in the wrong option, you may cross it out and color another option. Please indicate in such case the right answer with an arrow. Make sure you always fill in something, even when you consume a product rarely or never. In such case, choose the option 'Never or less than once per month' without indicating a portion size or type.

**Example**

Consider the following example: a person eats 2 large slices of white bread every morning and 4 large slices for lunch and this for the past 3 months. At Sundays he/she eats 2 slices of sugar bread instead of white bread. In the morning he/she drinks a glass of orange juice, however in the weekends he/she drinks a cup of coffee.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food groups** | **How often do you consume the following product?** | **What is the average portion per day?** | **Example portion sizes** | **Which type do you usually use?** |
| Fruit juice | ○ Never or less than once per month  ○ 1-3 times per month  ○ 1 time per week  ○ 2-4 days per week  ● 5-6 days per week  ○ Every day | ● 150 mL or less  ○ 125 - 250 mL  ○ 250 - 375 mL  ○ 375 - 500 mL  ○ 500 mL or more | 1 glass = 150 mL  1 can = 200 mL  1 bottle (Looza) = 200 mL | ● Orange juice  ○ Grapefruit juice  ○ Other |
| Coffee/tea | ○ Never or less than once per month  ○ 1-3 times per month  ○ 1 time per week  ● 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 125 mL or less  ● 125 - 250 mL  ○ 375 - 500 mL  ○ 500 mL or more | 1 cup= 125 mL  1 beaker = 225 mL | ● Coffee  ○ Tea |
| Fantasy bread (*sugar bread, raisin bread, sandwich*) and Danish pastry | ○ Never or less than once per month  ○ 1-3 times per month  ● 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ● 50 g or less  ○ 50 - 100 g  ○ 100 - 150 g  ○ 150 g or more | Croissant = 50 g  1 Danish pastry = 100 g  1 slice of bread = 25 g | ● Fantasy bread  ○ Danish pastry |
| Types of white bread (*bread roll, baguette*) and yeast bread | ○ Never or less than once per month  ○ 1-3 times per month  ○ 1 time per week  ○ 2-4 days per week  ● 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ● 180 - 210 g  ○ 210 g or more | ½ baguette = 120 g  1 slice of a big bread = 30 g  1 slice of a small bread = 20 g  1 slice of yeast bread = 45 g |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Food groups** | | **How often do you consume the following product?** | **What is the average portion per day?** | **Example portion sizes** | **Which type do you usually use?** |
| Coffee/tea | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 125 mL or less  ○ 125 - 250 mL  ○ 250 - 375 mL  ○ 375 - 500 mL  ○ 500 mL or more | 1 cup = 125 mL  1 beaker = 225 mL | ○ Coffee  ○ Tea |
| Beer/wine | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 200 mL or less  ○ 200 - 400 mL  ○ 400 - 600 mL  ○ 600 - 800 mL  ○ 800 mL or more | 1 bottle/glass beer = 250 or 330 mL  1 can = 330 or 500 mL  1 glass of wine = 125 mL | ○ Alcohol free beer  ○ Regular beer ( *pils, Palm,...)* or strong beer *(Duvel, trapist,...)*  ○ Wine |
| Soup | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 200 mL or less  ○ 200 - 400 mL  ○ 400 - 600 mL  ○ 600 mL or more | 1 bowl = 250 mL  1 beaker = 225 mL |  |
| Fruit juice | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 150 mL or less  ○ 150 - 300 mL  ○ 300 - 450 mL  ○ 450 mL or more | 1 glass = 150 mL  1 carton = 200 mL  1 bottle *(Looza)* = 200 mL | ○ Orange juice  ○ Grapefruit juice  ○ Other |
| Vegetable juice | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 150 mL or less  ○ 150 - 300 mL  ○ 300 - 450 mL  ○ 450 mL or more | 1 glass = 150 mL  1 carton *(V8)* = 330 mL  1 bottle *(Looza)* = 200 mL |  |
| Softdrinks *(cola, lemonade,...)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 150 mL or less  ○ 150 - 300 mL  ○ 300 - 450 mL  ○ 450 mL or more | 1 glass = 150 mL  1 can = 330 mL 1 bottle = 200 mL | ○ Cola  ○ Other |
| Soy milk/ drinks and yoghurt drinks  *(Dan ’Up, Fristi)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 125 mL or less  ○ 125 - 250 mL  ○ 250 - 375 mL  ○ 375 mL or more | 1 glass = 150 mL  1 beaker = 225 mL  1 soy drink = 250 mL 1 bottle *(Dan’Up)* = 600 mL | ○ Soy milk/ soy drinks  ○ Yoghurt drinks |
| Milk/ chocolate milk | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 125 mL or less  ○ 125 - 250 mL  ○ 250 - 375 mL  ○ 375 mL or more | 1 cup = 125 mL 1 beaker = 225 mL  1 bowl = 250 mL  1 glass = 150 mL  1 carton = 200 mL |  |
| Yogurt, cottage cheese, white cheese, and curd | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 125 g or less  ○ 125 - 250 g  ○ 250 - 375 g  ○ 375 g or more | 1 pot yoghurt = 125 g  1 pot cottage cheese = 200 g  1 cup = 125 g  1 dish = 150 g 1 bowl = 250 g | ○ Yogurt  ○ Yogurt with fruit  ○ Cottage cheese/ white cheese/curd |
| Eggs | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 1 piece or less  ○ 2 pieces  ○ 3 pieces or more |  |  |
| Cheese spread *(type Philadelphia)* and melted cheese/cheese spread *(Kiri, Ziz,...)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 15 g or less  ○ 15 - 30 g  ○ 30 - 45 g  ○ 45 g or more | 15 g per slice of a big bread  10 g per slice of a small bread | ○ Cheese spread type Philadelphia  ○ Melted cheese/cheese spread |
| Feta, goat cheese, mozzarella, and Parmesan cheese | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 15 g or less  ○ 15 - 30 g  ○ 30 - 45 g  ○ 45 g or more | 15 g goat cheese per slice of a big bread  1 small block of feta = 5 g  1 Mozzarella ball = 125 g  1 tablespoon of grated Parmesan = 10 g | ○ Feta/goat cheese  ○ Mozzarella/ Parmesan |
| Other cheese *(Brie, Camembert, Roquefort)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 15 g or less  ○ 15 - 30 g  ○ 30 - 45 g  ○ 45 g or more | 15 g per slice of a big bread  10 g per slice of a small bread |  |
| Hard cheese/ semi-hard cheese *(Gouda, Emmentaler, Cheddar, Gruyère,...)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 20 g or less  ○ 20 - 40 g  ○ 40 - 60 g  ○ 60 g or more | 1 slice of cheese (10x10cm) = 25 g |  |
| Pâté/liver sausage | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 20 g or less  ○ 20 - 40 g  ○ 40 - 60 g  ○ 60 g or more | 20 g pâté per slice of bread |  |
| Other meat products *(ham, salami, chicken ham,...)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 20 g or less  ○ 20 - 40 g  ○ 40 - 60 g  ○ 60 g or more | 15 g per slice of bread |  |
| Canned fish, smoked fish, and salted fish | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 50 g or less  ○ 50 - 100 g  ○ 100 - 150 g  ○ 150 g or more | 1 spoon of canned tuna/salmon = 25 g  1 slice of smoked salmon = 30 g  1 young herring = 50g  1 drained can of mackerel/ sardines = 120 g |  |
| Breakfast cereals: muesli *(normal and crispy)* and oatmeal | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 30 g or less  ○ 30 - 60 g  ○ 60 - 90 g  ○ 90 g or more | 1 bowl = 40 g |  |
| Breakfast cereals: All Bran *(Kellogs)* and wheat bran | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 30 g or less  ○ 30 - 60 g  ○ 60 - 90 g  ○ 90 g or more | 1 bowl = 40 g | ○ All Bran  ○ Wheat Bran |
| Breakfast cereals: Special K and others *(Type Smaks, Honey Pops, Frosties)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 30 g or less  ○ 30 - 60 g  ○ 60 - 90 g  ○ 90 g or more | 1 bowl = 40 g | ○ Special K  ○ Others |
| Rusk, crisp bread, and rice wafer | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 10 g or less  ○ 10 - 20 g  ○ 20 - 30 g  ○ 30 g or more | 1 piece = 8 g |  |
| Fantasy bread *(sugar bread, raisin bread, brioche)* and Danish pastry | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 50 g or less  ○ 50 - 100 g  ○ 100 - 150 g  ○ 150 g or more | Croissant = 50 g  1 Danish pastry = 100 g  1 slice of bread = 25 g | ○ Fantasy bread  ○ Danish pastry |
| Types of white bread (*bread roll, baguette*) and yeast bread | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 210 g  ○ 210 g or more | ½ baguette = 120 g  1 slice of a big bread = 30 g  1 slice of a small bread = 20 g  1 slice of yeast bread = 45 g |  |
| Types of brown bread *(whole grain, multigrain, rye, brown baguette)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 210 g  ○ 210 g or more | ½ baguette = 120 g  1 slice of a big bread = 30 g  1 slice of a small bread = 20 g |  |
| Dried fruit | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 15 g or less  ○ 15 - 30 g  ○ 30 - 45 g  ○ 45 g or more | 1 prune, apricot, date = 8 g  1 tablespoon raisins = 12 g |  |
| Orange, mandarin, grapefruit, kiwi, strawberries, and banana | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 100 g or less  ○ 100 - 200 g  ○ 200 - 300 g  ○ 300 g or more | 1 mandarin = 60 g  1 kiwi = 75 g  1 banana, orange = 130 g  1 grapefruit = 210 g  1 strawberry = 15g | ○ Orange, mandarin, and grapefruit  ○ Kiwi  ○ Banana  ○ Strawberry |
| Chocolate | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 25 g or less  ○ 25 - 50 g  ○ 50 - 75 g  ○ 75 g or more | 1 Mignonette = 10 g  1 individual bar of chocolate = 50g  1 bar of a big package = 25g Easter egg or figure in chocolate = 50 g |  |
| Salty snacks *(crisps, tortillas, salted biscuits)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 20 g or less  ○ 20 - 40 g  ○ 40 - 60 g  ○ 60 g or more | 1 small packet of crisps = 30 g  1 Tuc biscuit = 3 g | ○ Crisps/tortilla  ○ Salted biscuits |
| Nuts/seeds en nut-seed-paste *(peanut butter and sesame paste)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 15 g or less  ○ 15 - 30 g  ○ 30 - 45 g  ○ 45 g or more | 10 cashews = 20 g  1 tablespoon nuts  = 25g  1 tablespoon peanut butter = 15 g |  |
| Olives en sundried tomatoes | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 15 g or less  ○ 15 - 30 g  ○ 30 -45 g  ○ 45 g or more | 5 olives = 20 g  1 sundried tomato = 12 g | ○ Olives  ○ Sundried tomatoes |
| Cereal bar, granola bar, dry biscuits and biscuits with chocolate | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 20 g or less  ○ 20 - 40 g  ○ 40 - 60 g  ○ 60 g or more | 1 Special K bar = 20 g  1 petit beurre biscuit = 13 g  1 Evergreen cookie = 40 g  1 chocolate chip cookie = 20 g | ○ Cereal bar, granola bar  ○ Biscuits without chocolate  ○ Biscuits with chocolate |
| Cake/muffin | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 20 g or less  ○ 20 - 40 g  ○ 40 - 60 g  ○ 60 g or more | 1 slice of cake = 30 g  1 cupcake = 30 g  1 muffin = 75 g | ○ Cake  ○ Muffin |
| Pancakes | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 240 g  ○ 240 g or more | 1 pancake = 60 g |  |
| Potatoes *(cooked, steamed, baked, mashed...)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 75 g or less  ○ 75 - 150 g  ○ 150 - 225 g  ○ 225 - 300 g  ○ 300 g or more | 1 cooked potato = 50 g  1 tablespoon of mashed potatoes = 50 g  20 French fries or 3-4 croquettes = 100 g |  |
| Rice and other grains *(bulgur, quinoa, couscous)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 25 g uncooked or less  = 62 g cooked or less  ○ 25-50 g uncooked  = 62 -125 g cooked  ○ 50 -75 g uncooked  = 125 - 187 g cooked  ○ 75 - 100 g uncooked  = 187-250 g cooked  ○ 100 g uncooked or more  = 250 g cooked or more | 60 g uncooked rice = 150 g cooked rice  1 tablespoon cooked rice = 25 g  1 bag of rice for 2 persons = 125 g uncooked rice | ○ White rice  ○ Brown rice  ○ Other grains |
| Pasta *(penne, spaghetti ,...)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 40 g uncooked or less  = 100 g cooked or less  ○ 40 - 80 g uncooked  = 100 - 200 g cooked  ○ 80 - 120 g uncooked  = 200 - 300 g cooked  ○ 120 - 160 g uncooked  = 300 - 400 g cooked  ○ 160 g uncooked or more  = 400 g cooked or more | 50 g uncooked pasta = 125 g cooked pasta  1 tablespoon cooked pasta = 25 g | ○ White pasta  ○ Wholemeal pasta |
| Crustaceans, shellfish *(scampi, crab, shrimps, lobster, mussels, ...)* | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 50 g or less  ○ 50 - 100 g  ○ 100 - 150 g  ○ 150 g or more | 1 scampi = 15 g  1 portion mussels with shells = 1200g |  |
| Fish/fish sticks | | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 fish stick = 30 g  1 serving of fish = 175 g | ○ Fish  ○ Fish sticks |
| Beef *(steak, roast beef,…)* and veal *(leg, steak,…)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 steak = 175 g  1 slice of roast beef = 40 g  1 vealsteak/leg = 150 g |  |
| Pork *(bacon, pork chop,...)* and lamb *(leg, chop,...)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 portion of pork belly = 75 g  1 hamburger = 110 g  2 lamb chops (boneless ) = 150 g | ○ Pork  ○ Lamb |
| Other meat *(horse, rabbit, wild,...)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 rabbit leg (boneless) = 160 g  Dear steak = 100 g | ○ Horse  ○ Other |
| Poultry *(chicken and turkey)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 fillet = 160 g  1 chicken leg = 160 g  1 chipolata = 70 g |  |
| Organ meats *(liver, kidney*) and tongue | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 slice of foie gras = 40 g  1 porcine kidney = 140 g | ○ Liver  ○ Kidney  ○ Tongue |
| Vegetarian products *(tofu, quorn, burgers)*  NO vegetable burgers,... | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 50 g or less  ○ 50 - 100 g  ○ 100 - 150 g  ○ 150 g or more | 1 large burger = 95 g  1 small burger = 55 g  1 box of quorn minced meat = 175 g |  |
| Raw vegetables | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 serving of leafy vegetables = 50 g  1 tablespoon shredded carrots = 20 g  1 tomato = 150 g |  |
| Cabbages *(Brussels sprouts, cauliflower, red cabbage, savoy)* and spinach | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 tablespoon Brussels sprouts = 40 g  1 tablespoon red cabbage = 25 g  1 tablespoon cauliflower = 30 g  1 tablespoon spinach = 45 g | ○ Cabbages  ○ Spinach |
| Other winter vegetables *(Belgian endive, broccoli, beet, leek, carrot, turnip,...)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 chicory = 85 g  1 tablespoon cooked vegetables = 30 g |  |
| Summer/ Spring vegetables (*corn, pepper, soy beans, asparagus, mushroom,...)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 asparagus = 50 g  1 tablespoon of cooked vegetables = 30 g |  |
| Legumes *(chickpeas, beans, green beans, lentils, peas,...)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 60 g or less  ○ 60 - 120 g  ○ 120 - 180 g  ○ 180 - 240 g  ○ 240 g or more | 1 tablespoon peas/ green beans = 25 g  1 tablespoon chickpeas/lentils/ beans = 35 g |  |
| Sauces *(warm and cold)* | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 12 g or less  ○ 12 - 25 g  ○ 25 - 50 g  ○ 50 g or more | 1 tablespoon mayonnaise = 25 g  1 tablespoon gravy = 12 g  1 tablespoon white sauce = 20 g |  |
| Lasagna, spaghetti, and pizza | ○ Never or less than once per month  ○ 1-3 time per month  ○ 1 time per week  ○ 2-4 days per week  ○ 5-6 days per week  ○ Every day | ○ 200 g of less  ○ 200 - 400 g  ○ 400 - 600 g  ○ 600 g or more | 1 frozen pizza = 400 g  1 pre-packed lasagna = 400 g |  |

**Do you occasionally use haddock liver, caviar or seaweed?** ○ Yes ○ No

**In case your answer is yes, please clarify how much you use of these products.**

* Haddock liver:...................................................................................................
* Caviar:............................................................................................................
* Seeweed:..........................................................................................................

Do you use **enriched products** like breakfast cereals enriched with folic acid (see the package for information).

○ Yes ○ No

In case your answer is yes, please specify the product: ...........................................................................................................

Do you use **food supplements (vitamins and/or minerals)**? Fe. Supradyn, 1 tablet/day

Fe. Omnibionta, 1 tablet/day

○ Yes ○ No

In case your answer is yes, leave the product name and your daily use: .......................................................

**Part 2:** 2x2 contingency table, specificity, sensitivity, and positive and negative predictive values of the food-frequency questionnaire (FFQ) for estimating the daily methionine, choline, and folate intake estimated, using the 7-day estimated diet record (7d EDR) as a reference.

|  |  |  |  |
| --- | --- | --- | --- |
| Daily methionine intake (EDR) | | | |
| Daily methionine intake (FFQ) | <10.4mg/kg | ≥10.4mg/kg | Total |
| <10.4mg/kg | 1 | 0 | 1 |
| ≥10.4mg/kg | 0 | 80 | 80 |
| Total | 1 | 80 | 81 |

|  |  |  |  |
| --- | --- | --- | --- |
| Daily choline intake (EDR) | | | |
| Daily choline intake (FFQ) | <425mg | ≥425mg | Total |
| <425mg | 76 | 2 | 78 |
| ≥425mg | 2 | 1 | 3 |
| Total | 78 | 3 | 81 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Specificity | Sensitivity | Predictive value  Positive Negative | | Guidelines |
| Methionine (%) | 100 | 100 | 100 | 100 | ≥10.4mg/kg |
| Choline (%) | 33 | 97 | 97 | 33 | ≥425mg |
| Folate (%) | 87 | 33 | 76 | 55 | ≥200µg |

|  |  |  |  |
| --- | --- | --- | --- |
| Daily folate intake (EDR) | | | |
| Daily folate intake (FFQ) | <200µg | ≥200µg | Total |
| <200µg | 16 | 5 | 21 |
| ≥200µg | 27 | 33 | 60 |
| Total | 43 | 38 | 81 |