Short questionnaire about your diet (MyFoodMonth 1.1)

The questions apply to selected food and beverage items consumed during the last month, that is, the last 30 days. Enter how often you ate or drank the foods and beverages listed below either at meals or as a snack (inbetween-meal), at home, on the go, in a café, or anywhere.

Enter (X) to indicate your answer. Thanks for your help!

1. How often did you eat/drink the following iten	ns the	last n	nonth?	' (Ent	er <u>on</u>	<u>e per</u>	row)			
	Times per day Times per week Times per									
								month		Never
	6+	4-5	2-3	1	5-6	2-4	1	2-3	1	
Cereal and porridge			·	<u></u>		<u> </u>	<u> </u>			
Sweetened (e.g., Special K, Corn Flakes with honey)										
Unsweetened (e.g., 4-Korn muesli, oatmeal, Go'dag										
muesli, and Weetabix)										
Whole grain bread, crispbread, rolls (>50% whole										
grain)	-		-							
Fish spread (e.g., mackerel in tomato sauce)										
White cheese (all types)			-							
Whey cheese										
Yoghurt, skyr (all types)			-							
Cow's milk (all types)										
Plant-based milk (all types)			-							
Juice/smoothie (not nectar)										
Fruit and berries, including fresh, frozen, and canned										
(not juice or smoothie)										
Unsalted nuts and seeds										
Vegetables, including salad, cabbage, carrot, green										
beans, etc. (not potatoes or sweet potatoes)										
Beans, lentils, chickpeas, peas (not green beans)										
Fried potatoes / sweet potatoes (e.g., fries, roast										
potatoes)										
Potatoes / sweet potatoes, other (e.g., baked, boiled, mashed)										
Whole grain dinner products (e.g., barley, pasta,										
couscous)										
Pizza (all types)			1							
Tomato sauce, including sauce/salsa for tacos,										
ketchup, pasta, etc. (not pizza)										
Plant-based substitutes (all types of meat substitutes)										
Red meat, minced or cuts (beef, lamb/mutton, pork,										
kid)										
Processed meat (e.g., bacon, spread, sausage)										
Fatty fish and fish products (e.g., salmon, mackerel)										
Lean fish and fish products (e.g., cod, pollock)										
Salty snacks (e.g., popcorn, chips, salty nuts)										
Candy, including chocolate										
Waffles, buns, cake, biscuits etc.										
Ice cream, panna cotta, pudding, mousse, etc.										
Sugar-sweetened beverages										
Sugar-sweetened energy drinks (e.g., Gatorade, Red										
Bull)										
Coffee / tea / iced coffee / iced tea with										
sugar/syrup/honey										
Alcoholic beverages										
Water										

2	Have you taken any supplements such as vitamins, protein supple	ment etc ?
~ .	nave you taken any supplements such as vitamins, protein supple	

No 🗌 Yes 🗌

If yes; what and how often?

3. How often do you usually eat the	following meals	per we	ek? (En	ter <u>onc</u>	<u>e</u> per ro	w)			
		Times per week							
	7	6	5	4	3	2	1	never	
Breakfast									
Lunch									
Dinner									
Supper									
		Times per day				Times per week			
	6+	4-5	2-3	1	5-6	2-4	1	never	
Snack (in-between-meals)									

	N	o, never	Sometimes	Yes, always
allergies or intolerance(s)				
my health				
my religion				
my weight				
climate considerations				
animal welfare				
veganism				
other reasons than those above (describe below)				
Describe the foods and beverages you avoid (if applicable):				

Other reasons why you avoid consuming certain foods and beverages (if applicable):

Comments related to my diet (if applicable):