## QUESTIONNAIRE

## Personal Identification Number

Name

| Marital status | Single Married since year $\qquad$ Divorced since year . $\qquad$ Widow since year $\qquad$ Living together with partner since year . Comment. $\qquad$ |
| :---: | :---: |
| Education | Primary school ( $\leq 9$ years) Primary school ( $\leq 9$ years) Primary school ( $\leq 9$ years) High school (10-12 years) College/University ( $\geq 12$ years) Other, specify below <br> Comment. $\qquad$ |



| Type of diet | $\square$ Omnivorous |  |
| :---: | :---: | :---: |
|  | $\square$ Only lactovegetarian (no meat, fish or egg) |  |
|  | $\square$ Mostly lactovegetarian, sometimes eats fish and eggs |  |
|  | $\square$ Vegan |  |
|  | $\square$ Other, specify |  |
|  | Comment. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . |  |
| How many slices of bread per day and type | $\square$ Crisp bread | slices per day |
|  | $\square$ Whole meal bread | slices per day |
|  | $\square$ White bread | slices per day |
|  | $\square$ Loaf bread | slices per day |
|  | $\square$ I don't eat bread |  |
| Amount of fat on sandwiches | $\square$ Thick layer |  |
|  | $\square$ Thin layer |  |
|  | $\square$ Very thin layer |  |
|  | $\square$ No fat at all |  |
| Type of fat on sandwiches | $\square$ Butter |  |
|  | $\square$ Butter 50\% + Margarine 50\% fat |  |
|  | $\square$ Cooking margarine, $80 \%$ fat |  |
|  | $\square$ Table margarine, 80\% fat |  |
|  | $\square$ Light margarine |  |
|  | $\square$ I don't use fat on sandwiches |  |



How often do you eat the following foods?

|  | Never/ | 1-3 | 1 | 2-3 | 4-6 | 1 | 2-3 | 4 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | seldom | month | week | week | week | day | day | day |
| Butter on sandwiches | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Margarine on sandwiches | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Cheese | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Skim milk, 0.5\% fat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Milk, 1.5\% fat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Whole milk, $3 \%$ fat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Yoghurt, 0.5\% fat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Yoghurt, 3\% fat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Whole meal bread | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| White bread | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Crisp bread | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Potatoes, cooked | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Potatoes, fried | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| French fries | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Root vegetables (carrots, beets, etc) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Cabbage | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Tomatoes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Lettuce, cucumber | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Spinach, kale | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Apples, pears | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Citrus fruits | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Banana | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Juice | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Oat meal, gruel, hot cereal | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Cold cereal, müsli | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Pancakes, waffles | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Rice | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Spaghetti | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Brown beans, pea soup | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Meat, whole pieces | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


|  | Never/ seldom | $\begin{gathered} 1-3 \\ \text { month } \end{gathered}$ | $\begin{gathered} 1 \\ \text { week } \end{gathered}$ | $\begin{gathered} 2-3 \\ \text { week } \end{gathered}$ | $\begin{gathered} \text { 4-6 } \\ \text { week } \end{gathered}$ | $\begin{gathered} 1 \\ \text { day } \end{gathered}$ | $\begin{aligned} & 2-3 \\ & \text { day } \end{aligned}$ | $\begin{gathered} 4 \\ \text { day } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Meat, stews, casseroles | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Bacon | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Minced meat | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sausage \& sausage dishes | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Cold cuts | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Liver pate | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Blood pudding/sausage | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Liver, kidney | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Poultry | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Eggs, scramled eggs | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Salmon, mackerel, herring | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Other fish | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sea food (shrimp, mussels, crab) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Chips, popcorn, nuts, cheese doodles | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Rolls, crackers, cookies | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Ice cream | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sweet soup | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Jam, marmelade | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Lemonade | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sodas | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Candy | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Chocolate | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Sugar | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Coffee | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Tea | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Beer, 0.5\% alcohol | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Beer, 2.8\% alcohol | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Beer, 4.5\% alcohol | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Wine | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Hard liquor, 40\% alcohol | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

