Karolinska

STUDY ON DIET, LIFESTYLE AND HEALTH

- Use a black or blue ball-point pen.
- If you want to change your answer, fill in the wrong box completely and mark the correct box.

Personal number

PHYSICAL ACTIVITY AND EXERCISE	SUN HABITS								
1. Your level of physical activity during the past year: Walking/cycling	4. Do you travel to sunny resorts during winter time?								
 Hardly ever Hardly ever Less than 20 min/day 1-1,5 hours/day 20-40 min/day More than 1-1,5 hours/day Daily occupation/work Mostly sitting down Mostly walking, min. lifting/carrying Sitting down half the time Mostly walking, sig. lifting/carrying Mostly standing up Heavy manual labour 	 5. How does your skin react when you are in the su Always red/never tanned Sometimes red/always tanned Always red/sometimes tanned Never red/always tanned 6. When it is sunny, you prefer: The sun at all the time Both the sun and the shade Sealing shade at all the time 								
Home/household work Less than 1 hour/day 1-2 hours/day 7-8 hours/day	 Seeking shade at all the time 7. Do you use sunblock? Yes, always Most of the time Sometimes Never 								
3-4 hours/day More than 8 hours/day	EATING HABITS								
Watching TV/reading Less than 1 hour/day 1-2 hours/day 3-4 hours/day More than 6 hours/day	 8. Which meals do you usually eat? Breakfast Lunch Dinner Mid-morning snack Afternoon snack Evening snack 9. On average, how often do you eat the following? 								
Exercise (examples: gym and calisthenics)	Times per month Per week Per day								
Almost never 2-3 hours/week Less than 1 hour/week 4-5 hours/week 1 hour/week More than 5 hours/week	0 1-3 1-2 3-4 5-6 1 2 3+ Cooked meal Image: Cooked meal								
2. How far can you walk outdoors?	Frozen meals Image:								
 Cannot walk outdoors Only short distances Almost as far as I want Unlimited distances 	Canned food Image: Canned food Ready-made food Image: Canned food								
3 . Do you usually perform any physical activity (that makes you short of breath) for more than two hours	(retirement home, home								
per week? E.g.: gardening, brisk walks or similar	Fish								
Yes No									

Mark the image that best describes	ven naller rtions			Even larger portions					
11. What is your main type of diet?	Mixed	Vegetarian	🗌 Vegan						
12. Do you exclude/avoid anything in your diet?	Gluten	Lactose	Milk protein	Nuts					
	Other:		Nothing						
13. During childhood, did you eat more sweets (such as cakes, cookies, sweets, puddings, fruit fool or soup) compared to your peers? Yes, much more Yes, some more No, same No, some less No, ate none at all									
14. How often did you eat these sweets?	times/week	or times/m	onth 🗌 Do not	know					

DIETARY HABITS IN THE LAST YEAR

15. How much did you usually drink/eat of the following? *If you do not eat/drink the specific food item, mark "0". 1 glass, 1 cup=2 dl (enter only whole numbers).*

	Per da	y <u>or</u>	Per we	ek
Milk, skimmed (<0,5% fat)		glass/d		glass/w
Milk, semi-skimmed (1,5% fat)		glass/d		glass/w
Milk, whole (3% fat)		glass/d		glass/w
Fruit yoghurt/sour milk		glass/d		glass/w
Yoghurt/sour milk, low-fat (<0,5% fat)		glass/d		glass/w
Sour milk, reduced fat (1,5% fat		glass/d		glass/w
Sour milk/yoghurt (3% fat		glass/d		glass/w
Water (including mineral)		glass/d		glass/w
Coca Cola/Pepsi, <i>light</i>		glass/d		glass/w
Coca Cola/Pepsi		glass/d		glass/w
Other soft drinks/soda, light		glass/d		glass/w
Other soft drinks/soda		glass/d		glass/w
Green tea		cup/d		cups/w
Herbal tea/ red tea		cup/d		cups/w
Tea (black)		cup/d		cups/w
Coffee (filtered)		cup/d		cups/w
Coffee (unfiltered)		cup/d		cups/w
Sugar		Tsp/d		Tsp/d
Honey		Tbsp/d		Tbsp/w
Cottage cheese/quark		Tbsp/d		Tbsp/w
Cream cheese (low-fat)		Tbsp/d		Tbsp/w
Cream cheese		Tbsp/d		Tbsp/w
Hard cheese (low-fat)		Slices/d		Slices/w
Hard cheese		Slices/d		Slices/w
Dessert cheese		Tbsp/d		Tbsp/w
Liver paté (low-fat)		Tbsp/d		Tbsp/w
Liver paté		Tbsp/d		Tbsp/w
Crispbread		Slices/d		Slices/w
White bread/loaf		Slices/d		Slices/w
Fibre enriched bread		Slices/d		Slices/w
Granary/wholemeal bread		Slices/d		Slices/w

16. Do you usually have milk in your coffee or tea? Yes, in coffee Yes, in tea No **17.** On average, how often you eat each of the following. *Mark only <u>one</u> mark on each row If you seldom or never eat that specific item, mark "0".*

Times per month			ре	r we	ek	per day		
CEREALS	0	1-3	1-2	3-4	5-6	1	2	3+
Oatmeal/rye porridge								
Other porridge/gruel								
Müesli								
Breakfast cereals								
Bran of wheat or oats								
Linseed								
Sesame seeds								
Sunflower/pumpkin seeds, etc.								
Wholemeal macaroni/spaghetti								
Spaghetti/macaroni/pasta								
Pancakes/crepes								
Couscous/bulgur								
Wholegrain rice								
Other rice								
Times pe	er mo	1		r we		pe	er da	ıy
MEAT	0	1-3	1-2	3-4	5-6	1	2	3+
Minced meat (meatballs, hamburger, mincemeat sauce)								
Pork (steak/casserole)								
Beef/veal (steak/casserole)								
Bacon								
Other meat								
Lean sausage								
Balogna sausage/Falukorv								
Other sausage								
Blood pudding/sausage								
Liver/kidney								
Meat toppings (e.g. ham/turkey)								
Sausage toppings (e.g. salami)								
Times pe	er mo	onth	ре	r we	ek	pe	er da	iy
FISH/ POULTRY/EGGS	0	1-3	1-2	3-4	5-6	1	2	3+
Smoked fish								
Herring/mackerel								
Salmon								
Sardines								
Cod/saithe/plaice/grenadier								
Tuna								
Pike/perch/bass								
Fish fingers								
Other fish								
Roe (e.g. Lump fish)								
Caviar (e.g. Swedish Kalles)								
Shellfish (e.g. shrimp, crayfish etc.)							Ē	
Chicken/other poultry								
Eggs/omelette								

	Times per month			per week			per day		
POTATOES ETC	0	1-3	1-2	3-4	5-6	1	2	3+	
Boiled potatoes									
Fried potatoes									
Baked/mashed potatoes									
French fries									
Carrots									
Beetroots									
Times pe	r mo		-	er we	1		er da	ay 🛛	
VEGETABLES/BEANS	0	1-3	1-2	3-4	5-6	1	2	3+	
Lettuce/iceberg lettuce									
Cabbage (white, red, Chinese)									
Cauliflower						\Box		Ш	
Broccoli/brussels sprouts									
Tomato/tomato juice									
Peppers									
Spinach									
Green peas									
Onion									
Garlic									
Leek			Π	Π			Π	Π	
Mixed frozen vegetables			Π	Π			Π		
Other vegetables			Π	Π					
Pea soup			Π				Π		
Beans/lentils/chick peas			Π						
Avocado									
Olives			П	П					
Sweetcorn								П	
	r mo	onth	ре	er we	ek	р	er da	ay	
Times pe	r mo 0	onth			ek 5-6		er da 2	ay 3+	
Times pe		1						-	
Times per FRUIT/BERRIES Orange/citrus fruits		1						-	
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice		1						-	
Times per FRUIT/BERRIES Orange/citrus fruits		1						-	
Times per FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana		1						-	
Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruit		1						-	
Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruitBerries (fresh or frozen)		1						-	
Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruitBerries (fresh or frozen)Lingonberry jam		1						-	
Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruitBerries (fresh or frozen)Lingonberry jamOther jam		1						-	
Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruitBerries (fresh or frozen)Lingonberry jamOther jamFruit fool/soups		1						-	
Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruitBerries (fresh or frozen)Lingonberry jamOther jamFruit fool/soupsPrunes (incl. juice)		1						-	
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Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruitBerries (fresh or frozen)Lingonberry jamOther jamFruit fool/soupsPrunes (incl. juice)Raisins									
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit				3-4				3+ 	
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit CAKES/SWEETS ETC Buns, cakes				3-4				3+ 	
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit Buns, cakes Biscuits/wafers/rusks				3-4				3+ 	
Times per FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit Buns, cakes Biscuits/wafers/rusks Gateau/confections				3-4				3+ 	
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit Buns, cakes Biscuits/wafers/rusks Gateau/confections Chocolate				3-4				3+ 	
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit Buns, cakes Biscuits/wafers/rusks Gateau/confections Chocolate Sweets (not chocolate)				3-4				3+ 	
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit Buns, cakes Biscuits/wafers/rusks Gateau/confections Chocolate Sweets (not chocolate)				3-4				3+ 	
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Times perFRUIT/BERRIESOrange/citrus fruitsOrange/grapefruit juiceApple/PearsBananaOther fruitBerries (fresh or frozen)Lingonberry jamOther jamFruit fool/soupsPrunes (incl. juice)RaisinsApricots/other dried fruitBuns, cakesBiscuits/wafers/rusksGateau/confectionsChocolateSweets (not chocolate)Ice-creamChips/popcorn/cheese puffsPeanuts				3-4				3+ 	
FRUIT/BERRIES Orange/citrus fruits Orange/grapefruit juice Apple/Pears Banana Other fruit Berries (fresh or frozen) Lingonberry jam Other jam Fruit fool/soups Prunes (incl. juice) Raisins Apricots/other dried fruit Buns, cakes Biscuits/wafers/rusks Gateau/confections Chocolate Sweets (not chocolate) Ice-cream Chips/popcorn/cheese puffs				3-4				3+ 	

Times pe	er mo	onth	pe	er we	ek	р	ıy	
OTHER FOODS	0	1-3	1-2	3-4	5-6	1	2	3+
Salad dressing (reduced fat/fat free)								
Salad dressing								
Mayonnaise (reduced fat/fat free)								
Mayonnaise								
Crème fraîche (reduced fat/fat free)								
Crème fraîche								
Double cream								
Single cream, sour cream,								
Yoghurt for cooking (8-10% fat)								
Pizza								
Ketchup								
Fresh herbs								
Dried herbs								
Cinnamon								
Pepper								
Table salt								

18. Mark the type of fats you normally use

<i>in cooking</i> Butter Household margarine Liquid margarine Rapeseed/canola oil Other	 Bregott (butter/margarine) Liquid butter Olive oil Corn or sunflower oil None
<i>in homemade dressir</i> Dive oil Corn or sunflower oil	ng
bread spreads Butter (80% fat) Margarine (80% fat) Becel (margarine)	 Bregott (butter/margarine) Margarine (40% fat) Oil Other
19.How many slices of by you usually eat per day <u>o</u> Slices/day	Slices/week
20. How much butter/maspread on your bread?	argarine do you usually
-	sually eat these fried foods? Times/Month Never/Seldom
Sausage/steak/pork chop (fried in a pan)	
Fish fried in a pan	
Chicken/fillets/casserole (fried in a pan)	
Grilled/oven-baked chicken	
Gravy	
22. To what degree of browning	g do you usually fry these courses?
Lightly fried (light brow Moderately fried (brow	n) Heavily fried (dark brown)

Very heavily fried (charred)

DIETARY SUPPLEMENTS AND MEDICINE

23. Do you eat vitamins, minerals or any other supplements?

Never Yes, sometimes Yes, regularly Never = None or very few

Sometimes = 1-2 tablets/week or less than 100 tablets/year Regularly= 3-7 tablets/week

Mark:	How often?			For how many years?					l usua
		s		-				Ċ,	Beer,
		Sometimes	arly	Less than				20 or more	Beer,
	Never	ome	Regularly	ess t	4	6	10-19	or I	Beer,
DIETARY SUPPLEMENTS	ž	Ň	R	Ľ	4	5-9	¥	7	Red v
Multivitamins with minerals									White
Multivitamins without minerals									Liqueu
Vitamin B complex									Spirit
Vitamin B12									26. C
Vitamin B6									the fo
Folic acid									Beer
Vitamin C									Spirit
Vitamin E									1 car
Beta-carotene									
Magnesium									
Calcium									27. M
Vitamin D									Regula
Iron									N
Zinc									ΠY
Selenium									ΠY
Fish oil									Num
Linseed oil									51-6
Live bacterial culture: Verum,									
Actimel, ProViva, Cultura									28. M
MEDICINES	Но	w oft	en?	Fo	r how	/ man	y yea	rs?	Regula
Cortisone in tablet form or inhalation									🗌 No
Alvedon, Panodil, Reliv, Citodon, Panocod									
Ipren, Diklofenak, Voltaren,									□ Ye
Ibumetin, Naproxen Magnecyl, Bambyl, Treo,									Servi
Aspirin, Albyl, Trombyl									51-6
Sleeping medication						Ш			
24. Mark if you have take	n ar	ny o	f the	e fol	lowi	ng.			
Ginseng/Gerimax Y	'eas	t pre	para	ation		Q10			00
St. John's wort	rctic	roo	t			Chro	miu	m	29. ⊢ (e.g.,ir
Curbisin/Sabamin G	Sinkg	jo Bi	iloba	à	ר 🗌	Fone	•		
Intestinal regulators F	iber	sup	plen	nent		Cern	itol		spr
Valerina Night/Forte	emi	femi	n		<u> </u>	_itoz	in		aut
Garlic tablets	chin	ace	a/ K	an J	ang	/ Es	berit	ох	l have

ALCOHOL

25. Mark how often you usually drink alcohol.

I have never had alcohol

I stopped drinking alcohol when I was years old.

	Times p	er mo	р	er we	ek				
I usually drink	Never	0-1	2-3	1-2	3-4	5-6	7		
Beer, 2.25% alcohol									
Beer, up to 3.5% alcohol									
Beer, over 3.5% alcohol									
Red wine									
White wine									
Liqueur/sherry/fortified wines									
Spirits									
26. On each occasion, how much do you usually drink of the following?									
Beerci Wine	cl	Liqu	Jeur		,	cl			

oirit _____ cı

1 can beer =33/50 cl, bottle wine/spirit=75 cl, 1 dl=10 cl

TOBACCO

27. Mark if you used to smoke cigarettes regularly. *Regularly= more than 5 cigarettes/week*No, I have never smoked cigarettes regularly

- Yes, I smoke
- Yes, but I stopped smoking years ago

Number of cigarettes smoked per day at different ages:

51-60 yr 61-70 yr 71-80 yr 81- now This year
28. Mark if you have used snuff regularly
Regularly = more than 5 servings snuff/week
No, I have never used snuff regularly
Yes, I use snuff
Yes, but I quit using snuff years ago
Servings of snuff per day at different ages.
<u>51-60 yr 61-70 yr 71-80 yr 81 +</u> This year

OUTDOOR ACTIVETIES	
low often are you outdoors	

.g., in nature, in the garden, in the park, on the balcony/patio, walks)

pring and summer hours/week

utumn and winter hours/week Very seldom

I have read the attached information letter and would like to continue taking part in the study.

Your signature

Please check that the questions are fully answered. Return the questionnaire in the enclosed freepost reply envelope.

THANK YOU FOR YOUR PARTICIPATION