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FOOD FREQUENCY QUESTIONNAIRE

This questionnaire asks for some background information about you, especially about what you eat.

Your answers will be treated as strictly confidential and will be used only for medical research.

PLEASE COMPLETE USING BLACK INK/PEN

Date of birth:

| | | | | | | | |
|--|--|--|--|--|--|--|--|
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|--|--|--|--|--|--|--|--|

Please enter:

M if you are Male

F if you are Female

| |
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|--|

Please answer every question. If you are uncertain about how to answer a question then do the best you can, but please do not leave a question blank.

1. YOUR DIET LAST YEAR

For each food there is an amount shown, either a “medium serving” or a common household unit such as a slice or teaspoon. Please put a tick (✓) in the box to indicate how often, **on average**, you have eaten the specified amount of each food **during the past year**.

EXAMPLES:

For white bread the amount is one slice, so if you ate 4 or 5 slices a day, you should put a tick in the column headed “4-5 per day”.

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|--|-------------------------------------|---------------------|-------------------|--------------------|--------------------|------------------|-------------------|-------------------|------------------|
| BREAD AND SAVOURY BISCUITS (one slice or biscuit) | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| White bread and rolls | | | | | | | | ✓ | |

For chips, the amount is a “medium serving”, so if you had a helping of chips twice a week you should put a tick in the column headed “2-4 per week”.

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|--|-------------------------------------|---------------------|-------------------|--------------------|--------------------|------------------|-------------------|-------------------|------------------|
| POTATOES, RICE AND PASTA (medium serving) | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| Chips | | | | ✓ | | | | | |

For very seasonal fruits such as strawberries and raspberries you should estimate your average use when the fruits are in season, so if you ate strawberries or raspberries about once a week when they were in season you should put a tick in the column headed “once a week”

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|---------------------------------------|-------------------------------------|---------------------|-------------------|--------------------|--------------------|------------------|-------------------|-------------------|------------------|
| FRUIT (1 fruit or medium serving) | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| Strawberries, raspberries, kiwi fruit | | | ✓ | | | | | | |

Please estimate your average food use as best you can, and please answer every question – do not leave ANY lines blank. PLEASE PUT A TICK (✓) ON EVERY LINE

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|---|-------------------------------------|---------------------|-------------------|--------------------|--------------------|------------------|-------------------|-------------------|------------------|
| MEAT AND FISH (medium serving) | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| Beef: roast, steak, mince, stew or casserole | | | | | | | | | |
| Beefburgers | | | | | | | | | |
| Pork: roast, chops, stew or slices | | | | | | | | | |
| Lamb: roast, chops or stew | | | | | | | | | |
| Chicken or other poultry eg. turkey | | | | | | | | | |
| Bacon | | | | | | | | | |
| Ham | | | | | | | | | |
| Corned beef, Spam, luncheon meats | | | | | | | | | |
| Sausages | | | | | | | | | |
| Savoury pies, eg. meat pie, pork pie, pasties, steak & kidney pie, sausage rolls | | | | | | | | | |
| Liver, liver paté, liver sausage | | | | | | | | | |
| Fried fish in batter, as in fish and chips | | | | | | | | | |
| Fish fingers, fish cakes | | | | | | | | | |
| Other white fish, fresh or frozen, eg. cod, haddock, plaice, sole, halibut | | | | | | | | | |
| Oily fish, fresh or canned, eg. mackerel, kippers, tuna, salmon, sardines, herring | | | | | | | | | |
| Shellfish, eg. crab, prawns, mussels | | | | | | | | | |
| Fish roe, taramasalata | | | | | | | | | |
| | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |

Please check that you have a tick (✓) on EVERY line

PLEASE PUT A TICK (✓) ON EVERY LINE

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|---|-------------------------------------|---------------------|-------------------|--------------------|--------------------|------------------|-------------------|-------------------|------------------|
| BREAD AND SAVOURY BISCUITS (one slice or biscuit) | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| White bread and rolls | | | | | | | | | |
| Brown bread and rolls | | | | | | | | | |
| Wholemeal bread and rolls | | | | | | | | | |
| Cream crackers, cheese biscuits | | | | | | | | | |
| Crispbread, eg. Ryvita | | | | | | | | | |
| CEREALS (one bowl) | | | | | | | | | |
| Porridge, Readybrek | | | | | | | | | |
| Breakfast cereal such as cornflakes, muesli etc. | | | | | | | | | |
| POTATOES, RICE AND PASTA (medium serving) | | | | | | | | | |
| Boiled, mashed, instant or jacket potatoes | | | | | | | | | |
| Chips | | | | | | | | | |
| Roast potatoes | | | | | | | | | |
| Potato salad | | | | | | | | | |
| White rice | | | | | | | | | |
| Brown rice | | | | | | | | | |
| White or green pasta, eg. spaghetti, macaroni, noodles | | | | | | | | | |
| Wholemeal pasta | | | | | | | | | |
| Lasagne, moussaka | | | | | | | | | |
| Pizza | | | | | | | | | |
| | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |

Please check that you have a tick (✓) on EVERY line

PLEASE PUT A TICK (✓) ON EVERY LINE

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|---|-------------------------------|---------------|-------------|--------------|--------------|------------|-------------|-------------|------------|
| DAIRY PRODUCTS AND FATS | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| Single or sour cream (tablespoon) | | | | | | | | | |
| Double or clotted cream (tablespoon) | | | | | | | | | |
| Low fat yogurt, fromage frais (125g carton) | | | | | | | | | |
| Full fat or Greek yogurt (125g carton) | | | | | | | | | |
| Dairy desserts (125g carton) | | | | | | | | | |
| Cheese, eg. Cheddar, Brie, Edam (medium serving) | | | | | | | | | |
| Cottage cheese, low fat soft cheese (medium serving) | | | | | | | | | |
| Eggs as boiled, fried, scrambled, etc. (one) | | | | | | | | | |
| Quiche (medium serving) | | | | | | | | | |
| Low calorie, low fat salad cream(tablespoon) | | | | | | | | | |
| Salad cream, mayonnaise (tablespoon) | | | | | | | | | |
| French dressing (tablespoon) | | | | | | | | | |
| Other salad dressing (tablespoon) | | | | | | | | | |
| The following on bread or vegetables | | | | | | | | | |
| Butter (teaspoon) | | | | | | | | | |
| Block or hard margarine, eg. Stork, Krona (teaspoon) | | | | | | | | | |
| Polyunsaturated margarine, eg. Flora, sunflower, soya spreads (teaspoon) | | | | | | | | | |
| Soft margarines,including olive oil based and dairy spreads, eg. Blue Band, Clover (teaspoon) | | | | | | | | | |
| Low fat spreads (less than 60% fat), eg. Outline, Gold (teaspoon) | | | | | | | | | |
| Very low fat spread (less than 30% fat) (teaspoon) | | | | | | | | | |
| | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |

Please check that you have a tick (✓) on EVERY line

PLEASE PUT A TICK (✓) ON EVERY LINE

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|---|-------------------------------------|---------------------|-------------------|--------------------|--------------------|------------------|-------------------|-------------------|------------------|
| SWEETS AND SNACKS (medium serving) | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| Sweet biscuits, chocolate , eg. digestive (one) | | | | | | | | | |
| Sweet biscuits, plain, eg. Nice, ginger (one) | | | | | | | | | |
| Cakes eg. fruit, sponge, home baked | | | | | | | | | |
| Cakes eg. fruit, sponge, ready made | | | | | | | | | |
| Buns, pastries eg. scones, flapjacks, home baked | | | | | | | | | |
| Buns, pastries eg. croissants, doughnuts, ready made | | | | | | | | | |
| Fruit pies, tarts, crumbles, home baked | | | | | | | | | |
| Fruit pies, tarts, crumbles, ready made | | | | | | | | | |
| Sponge puddings, home baked | | | | | | | | | |
| Sponge puddings, ready made | | | | | | | | | |
| Milk puddings, eg. rice, custard, trifle | | | | | | | | | |
| Ice cream, choc ices | | | | | | | | | |
| Chocolates, single or squares | | | | | | | | | |
| Chocolate snack bars eg. Mars, Crunchie | | | | | | | | | |
| Sweets, toffees, mints | | | | | | | | | |
| Sugar added to tea, coffee, cereal (teaspoon) | | | | | | | | | |
| Crisps or other packet snacks, eg. Wotsits | | | | | | | | | |
| Peanuts or other nuts | | | | | | | | | |
| SOUPS, SAUCES, AND SPREADS | | | | | | | | | |
| Vegetable soups (bowl) | | | | | | | | | |
| Meat soups (bowl) | | | | | | | | | |
| Sauces, eg. white sauce, cheese sauce, gravy (tablespoon) | | | | | | | | | |
| Tomato ketchup (tablespoon) | | | | | | | | | |
| Pickles, chutney (tablespoon) | | | | | | | | | |
| Marmite, Bovril (teaspoon) | | | | | | | | | |
| Jam, marmalade, honey (teaspoon) | | | | | | | | | |
| Peanut butter (teaspoon) | | | | | | | | | |
| | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |

Please check that you have a tick (✓) on EVERY line

PLEASE PUT A TICK (✓) ON EVERY LINE

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|---|-------------------------------|---------------|-------------|--------------|--------------|------------|-------------|-------------|------------|
| DRINKS | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| Tea (cup) | | | | | | | | | |
| Coffee, instant or ground (cup) | | | | | | | | | |
| Coffee, decaffeinated (cup) | | | | | | | | | |
| Coffee whitener, eg. Coffee-mate (teaspoon) | | | | | | | | | |
| Cocoa, hot chocolate (cup) | | | | | | | | | |
| Horlicks, Ovaltine (cup) | | | | | | | | | |
| Wine (glass) | | | | | | | | | |
| Beer, lager or cider (half pint) | | | | | | | | | |
| Port, sherry, vermouth, liqueurs (glass) | | | | | | | | | |
| Spirits, eg. gin, brandy, whisky, vodka (single) | | | | | | | | | |
| Low calorie or diet fizzy soft drinks (glass) | | | | | | | | | |
| Fizzy soft drinks, eg. Coca cola, lemonade (glass) | | | | | | | | | |
| Pure fruit juice (100%) eg. orange, apple juice (glass) | | | | | | | | | |
| Fruit squash or cordial (glass) | | | | | | | | | |
| FRUIT For seasonal fruits marked *, please estimate your average use when the fruit is in season | | | | | | | | | |
| Apples (1 fruit) | | | | | | | | | |
| Pears (1 fruit) | | | | | | | | | |
| Oranges, satsumas, mandarins (1 fruit) | | | | | | | | | |
| Grapefruit (half) | | | | | | | | | |
| Bananas (1 fruit) | | | | | | | | | |
| Grapes (medium serving) | | | | | | | | | |
| Melon (1 slice) | | | | | | | | | |
| * Peaches, plums, apricots (1 fruit) | | | | | | | | | |
| * Strawberries, raspberries, kiwi fruit (medium serving) | | | | | | | | | |
| Tinned fruit (medium serving) | | | | | | | | | |
| Dried fruit, eg. raisins, prunes (medium serving) | | | | | | | | | |
| | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |

Please check that you have a tick (✓) on EVERY line

PLEASE PUT A TICK (✓) ON EVERY LINE

| FOODS AND AMOUNTS | AVERAGE USE LAST YEAR | | | | | | | | |
|--|-------------------------------------|---------------------|-------------------|--------------------|--------------------|------------------|-------------------|-------------------|------------------|
| VEGETABLES Fresh, frozen or tinned (medium serving) | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |
| Carrots | | | | | | | | | |
| Spinach | | | | | | | | | |
| Broccoli, spring greens, kale | | | | | | | | | |
| Brussels sprouts | | | | | | | | | |
| Cabbage | | | | | | | | | |
| Peas | | | | | | | | | |
| Green beans, broad beans, runner beans | | | | | | | | | |
| Marrow, courgettes | | | | | | | | | |
| Cauliflower | | | | | | | | | |
| Parsnips, turnips, swedes | | | | | | | | | |
| Leeks | | | | | | | | | |
| Onions | | | | | | | | | |
| Garlic | | | | | | | | | |
| Mushrooms | | | | | | | | | |
| Sweet peppers | | | | | | | | | |
| Beansprouts | | | | | | | | | |
| Green salad, lettuce, cucumber, celery | | | | | | | | | |
| Watercress | | | | | | | | | |
| Tomatoes | | | | | | | | | |
| Sweetcorn | | | | | | | | | |
| Beetroot | | | | | | | | | |
| Coleslaw | | | | | | | | | |
| Avocado | | | | | | | | | |
| Baked beans | | | | | | | | | |
| Dried lentils, beans, peas | | | | | | | | | |
| Tofu , soya meat, TVP, Vegeburger | | | | | | | | | |
| | Never or less than once/month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day | 2-3 per day | 4-5 per day | 6+ per day |

Please check that you have a tick (✓) on EVERY line

YOUR DIET LAST YEAR, continued

2. Are there any **OTHER** foods which you ate more than once a week? Yes ☐ No ☐

If **YES**, please list below

| Food | Usual serving size | Number of times eaten each week |
|----------------------|----------------------|---------------------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

3. What type of milk did you most often use?

Select one only

Full cream/whole ☐

Skimmed ☐

Dried milk ☐

Other, specify

Semi-skimmed ☐

Channel Islands, gold ☐

Soya ☐

None ☐

4. How much milk did you drink each day, including milk with tea, coffee, cereals etc?

None ☐

Quarter of a pint ☐

Half a pint ☐

Three quarters of a pint ☐

One pint ☐

More than one pint ☐

5. Did you usually eat breakfast cereal (excluding porridge and Ready Brek mentioned earlier)?

Yes ☐ No ☐

If **YES**, which brand and type of breakfast cereal, including muesli, did you usually eat?

List the one or two types most often used

Brand e.g. Kellogg's

Type e.g. cornflakes

6. What kind of fat did you most often use for frying, roasting, grilling etc?

Select one only

Butter ☐

Lard/dripping ☐

Vegetable oil ☐

Solid vegetable fat ☐

Margarine ☐

None ☐

If you used vegetable oil, please give type eg. corn, sunflower

7. What kind of fat did you most often use for baking cakes etc?

Select one only

Butter ☐

Lard/dripping ☐

Vegetable oil ☐

Solid vegetable fat ☐

Margarine ☐

None ☐

If you used margarine, please give name or type eg. Flora, Stork

8. How often did you eat food that was fried at home?
 Daily ☐ 1-3 times a week ☐ 4-6 times a week ☐
 Less than once a week ☐ Never ☐
9. How often did you eat fried food away from home?
 Daily ☐ 1-3 times a week ☐ 4-6 times a week ☐
 Less than once a week ☐ Never ☐
10. What did you do with the visible fat on your meat?
 Ate most of the fat ☐ Ate as little as possible ☐
 Ate some of the fat ☐ Did not eat meat ☐
11. How often did you eat grilled or roast meat? times a week
12. How well cooked did you usually have grilled or roast meat?
 Well done /dark brown ☐ Lightly cooked/rare ☐
 Medium ☐ Did not eat meat ☐
13. How often did you add salt to food while cooking?
 Always ☐ Rarely ☐
 Usually ☐ Never ☐
 Sometimes ☐
14. How often did you add salt to any food at the table?
 Always ☐ Rarely ☐
 Usually ☐ Never ☐
 Sometimes ☐
15. Did you regularly use a salt substitute (eg LoSalt)? Yes ☐ No ☐
 If **YES**, which brand?
16. During the course of last year, on average, how many times a week did you eat the following foods?
- | Food type | Times/week | Portion size |
|---|---|---------------------------|
| Vegetables (not including potatoes) | <input type="text"/> <input type="text"/> | medium serving |
| Salads | <input type="text"/> <input type="text"/> | medium serving |
| Fruit and fruit products (not including fruit juice) | <input type="text"/> <input type="text"/> | medium serving or 1 fruit |
| Fish and fish products | <input type="text"/> <input type="text"/> | medium serving |
| Meat, meat products and meat dishes (including bacon, ham and chicken) | <input type="text"/> <input type="text"/> | medium serving |

17. Have you taken any vitamins, minerals, fish oils, fibre or other food supplements during the past year?

- ☐ Yes
☐ No
☐ Sometimes
☐ Don't know

If **YES** or **SOMETIMES**, please complete the table below.

If you have taken more than 8 types of supplement please put the most frequently consumed brands first.

Example: If you take one tablet of vitamin C two times a day, please write '2' in the amount-column and tick (✓) the 'once a day' box. Most supplements mention a strength value (in our example 500mg), please write this information in the table.

| Supplements | | | | Average frequency for the past year Tick (✓) ONE box per line to show how often on average you took the amount consumed as mentioned in 'amount' column. | | | | | |
|-------------|-------------------------|--|--|--|---------------|-------------|--------------|--------------|------------|
| Brand | Name | Strength (strength of the supplement for each tablet or capsule) | Amount (number of tablets, capsules or teaspoons taken in one day) | Never or less than once a month | 1-3 per month | Once a week | 2-4 per week | 5-6 per week | Once a day |
| Boots | High strength vitamin C | 500mg | 2 tablets | | | | | | ✓ |
| | | | | | | | | | |
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| | | | | | | | | | |

Thank you for your help

Prehrambene namirnice i količine
Prosječan unos namirnice unutar godine dana

| | Nikad ili < od 1 mjesečno | 1-3 puta mjesečno | 1 tjedno | 2-4 puta tjedno | 5-6 puta tjedno | 1 dnevno | 2-3 puta dnevno | 4-5 puta dnevno | 6 ili > puta dnevno |
|---|---------------------------------|----------------------|----------|--------------------|--------------------|----------|--------------------|--------------------|------------------------|
| Meso i ribe (srednje velika porcija) | | | | | | | | | |
| Govedina: pečena, odrezak, mljevena, (120g.) gulaš (330g.) | | | | | | | | | |
| Goveđi hamburger | | | | | | | | | |
| Svinjetina: pečena, kotlet, (120g.) gulaš (330g.) | | | | | | | | | |
| Janjetina: pečena, kotlet (120g.), gulaš (330g.) | | | | | | | | | |
| Piletina i druga perad (130 g.) | | | | | | | | | |
| Slanina (40 g.) | | | | | | | | | |
| Šunka (40 g.) | | | | | | | | | |
| Konzervirano meso: usoljena govedina, mesni doručak (40 g.) | | | | | | | | | |
| Kobasice (45 g.) | | | | | | | | | |
| Mesne pite, bureci od mesa, kobasica u tijestu (160 g.) | | | | | | | | | |
| Jetrica, jetrena pašteta, jetrena kobasica (40 g.) | | | | | | | | | |
| Pržena panirana riba (sa brašnom) | | | | | | | | | |
| Ribljí štapići, panirana riba (brašno, jaja, krušne mrvice | | | | | | | | | |
| Bijela riba: orada, zubatac, brancin, bakalar | | | | | | | | | |
| Plava riba: losos, tuna, srdele, inćuni | | | | | | | | | |
| Plodovi mora: dagnje, škampi, rakovi | | | | | | | | | |
| Ikra | | | | | | | | | |
| Kruh i pekarski proizvodi (veličina porcije -1 šnita ili 1 keks) | | | | | | | | | |
| Bijeli kruh i pecivo | | | | | | | | | |
| Crni kruh i pecivo | | | | | | | | | |
| Integralni kruh i pecivo | | | | | | | | | |
| Krekeri (npr. Vic), pogačice od sira | | | | | | | | | |
| Suhi krekeri | | | | | | | | | |

Prehrambene namirnice i količine
Prosječan unos namirnice unutar godine dana

| | Nikad ili < od 1 mjesečno | 1-3 puta mjesečno | 1 tjedno | 2-4 puta tjedno | 5-6 puta tjedno | 1 dnevno | 2-3 puta dnevno | 4-5 puta dnevno | 6 ili > puta dnevno |
|---|---------------------------------|----------------------|----------|--------------------|--------------------|----------|--------------------|--------------------|------------------------|
| Žitarice (zdjela) | | | | | | | | | |
| Zobena kaša, palenta | | | | | | | | | |
| Cornflakes, muesli | | | | | | | | | |
| Krumpir, riža i tjestenina (srednje velika porcija) | | | | | | | | | |
| Kuhani krumpir, pire krumir, pečeni neoguljeni krumpir (180 g.) | | | | | | | | | |
| Pommes frites (100 g.) | | | | | | | | | |
| Pečeni krumpir u pećnici (180 g.) | | | | | | | | | |
| Krumpir salata (120 g.) | | | | | | | | | |
| Bijela riža (150 g.) | | | | | | | | | |
| Smeđa riža (150 g.) | | | | | | | | | |
| Tjestenina (bijela ili zelena) (230 g.) | | | | | | | | | |
| Integralna tjestenina (230 g.) | | | | | | | | | |
| Lazanje, musaka (400 g.) | | | | | | | | | |
| Pizza (240 g.) | | | | | | | | | |
| Mliječni proizvodi i masti | | | | | | | | | |
| Kiselo vrhnje (žlica) | | | | | | | | | |
| "Light" jogurt (125 g) | | | | | | | | | |
| Punomasni/grčki jogurt (125 g) | | | | | | | | | |
| Mliječni deserti (125 g) | | | | | | | | | |
| Sir, npr tilzit, gouda (40g.) | | | | | | | | | |
| Svježi sir (40g.) | | | | | | | | | |
| Jaja: kuhana, pečena.. (jedno) | | | | | | | | | |
| Quiche (120g.) | | | | | | | | | |
| Preljev za salatu sa smanjenim udjelom masti (15g.) | | | | | | | | | |
| Preljev za salatu na bazi majoneze (30g.) | | | | | | | | | |
| Francuski preljev za salatu (15g.) | | | | | | | | | |
| Ostali preljevi za salatu (15g.) | | | | | | | | | |

| Prehrambene namirnice i količine | Prosječan unos namirnice unutar godine dana | | | | | | | | |
|---|---|----------------------|----------|--------------------|--------------------|----------|--------------------|--------------------|------------------------|
| | Nikad ili < od 1 mjesečno | 1-3 puta mjesečno | 1 tjedno | 2-4 puta tjedno | 5-6 puta tjedno | 1 dnevno | 2-3 puta dnevno | 4-5 puta dnevno | 6 ili > puta dnevno |
| Namazi | | | | | | | | | |
| Maslac (15g.) | | | | | | | | | |
| Margarin (15g.) | | | | | | | | | |
| Margarin sa polinezasićenim masnim kiselinama, npr Omegol (15g.) | | | | | | | | | |
| Margarin na bazi maslinovog ulja i mliječni namazi (15g.) | | | | | | | | | |
| Namazi sa manje od 60 % masti (15g.) | | | | | | | | | |
| Namazi sa manje od 30 % masti (15g.) | | | | | | | | | |
| Slastice i grickalice (veličina porcije -1 šnita ili 1 keks) | | | | | | | | | |
| Slatki keksi, čokoladni npr. digestive (jedan) | | | | | | | | | |
| Slatki keksi, jednostvani (petit beurre) | | | | | | | | | |
| Torta npr voćna, biskvit (domaća) | | | | | | | | | |
| Torta npr voćna, biskvit (kupovna) | | | | | | | | | |
| Slatka peciva, palačinke, krafne (domaća) | | | | | | | | | |
| Slatka peciva, palačinke, krafne, croasani (kupovna) | | | | | | | | | |
| Voćni kolači, pite, tarteви (domaći) | | | | | | | | | |
| Voćni kolači, pite, tarteви (kupovni) | | | | | | | | | |
| Puding, od mlijeka, riže (200g.) | | | | | | | | | |
| Sladoled (60 g) | | | | | | | | | |
| Čokolada (50 g) | | | | | | | | | |
| Čokoladice poput Marsa, Twixa... | | | | | | | | | |
| Bomboni (8 g) | | | | | | | | | |
| Dodani šećer npr u kavu, čaj.. (čajna žličica) | | | | | | | | | |
| Čips, smoki (40 g) | | | | | | | | | |
| Orašasti plodovi (20 g) | | | | | | | | | |

Prehrambene namirnice i količine
Prosječan unos namirnice unutar godine dana

| | Nikad ili < od 1 mjesečno | 1-3 puta mjesečno | 1 tjedno | 2-4 puta tjedno | 5-6 puta tjedno | 1 dnevno | 2-3 puta dnevno | 4-5 puta dnevno | 6 ili > puta dnevno |
|---|---------------------------------|----------------------|----------|--------------------|--------------------|----------|--------------------|--------------------|------------------------|
| Juhe, umaci i namazi | | | | | | | | | |
| Juha od povrća (220g.) | | | | | | | | | |
| Bistra juha od mesa (220g.) | | | | | | | | | |
| Bešamel umak, umak od sira, vrhnja, umak od pečenja (60g.) | | | | | | | | | |
| Ketchup (30g.) | | | | | | | | | |
| Ajvar, pinđur (15g.) | | | | | | | | | |
| Džem, marmelada, med (15g.) | | | | | | | | | |
| Maslac od kikirikija (15g.) | | | | | | | | | |
| Pića | | | | | | | | | |
| Čaj (šalice) | | | | | | | | | |
| Kava (šalice) | | | | | | | | | |
| Kava bez kofeina (šalice) | | | | | | | | | |
| Kakao, vruća čokolada (šalice) | | | | | | | | | |
| Vino (125 ml) | | | | | | | | | |
| Pivo, jabukovača (250 ml) | | | | | | | | | |
| Slatka vina i slatka alkoholna pića (čša) | | | | | | | | | |
| Žestoka alkoholna pića (čša) | | | | | | | | | |
| Bezalkoholna pića niske kalorijske vrijednosti (čša) | | | | | | | | | |
| Gazirana bezalkoholna pića (čša) | | | | | | | | | |
| 100% sok od naranče (čša) | | | | | | | | | |
| 100% sok od jabuke (čša) | | | | | | | | | |
| Sok od sirupa za razrjeđivanje s vodom (čša) | | | | | | | | | |
| Voće | | | | | | | | | |
| Jabuke (1 voćka) | | | | | | | | | |
| Kruške (1 voćka) | | | | | | | | | |
| Naranče, mandarine (1 voćka) | | | | | | | | | |
| Grejp (1 voćka) | | | | | | | | | |

| | | | | | | | | | |
|--|--|----------------------|----------|--------------------|--------------------|----------|--------------------|--------------------|------------------------|
| Banana (1 vočka) | | | | | | | | | |
| Prehrambene namirnice i količine | Prosječan unos namirnice unutar godine dana | | | | | | | | |
| | Nikad ili < od 1 mjesečno | 1-3 puta mjesečno | 1 tjedno | 2-4 puta tjedno | 5-6 puta tjedno | 1 dnevno | 2-3 puta dnevno | 4-5 puta dnevno | 6 ili > puta dnevno |
| Voće (nastavak sa predhodne stranice) | | | | | | | | | |
| Grožđe (100 g) | | | | | | | | | |
| Dinja (1 šnjita) | | | | | | | | | |
| Breskva, šljiva, marelica (1 vočka) | | | | | | | | | |
| Jagoda, malina, kivi (80 g) | | | | | | | | | |
| Kompoti (100 g) | | | | | | | | | |
| Sušeno voće, grožđice, suha šljiva (30g) | | | | | | | | | |
| Povrće (svježe, smrznuto, konzervirano) | | | | | | | | | |
| Mrkva (60g.) | | | | | | | | | |
| Špinat (90g.) | | | | | | | | | |
| Brokula, kelj (90g.) | | | | | | | | | |
| Kelj pupčar (90g.) | | | | | | | | | |
| Kupus (90g.) | | | | | | | | | |
| Grašak (65g.) | | | | | | | | | |
| Mahune, bob (90g.) | | | | | | | | | |
| Tikvica, bundeva (224g.) | | | | | | | | | |
| Cvjetača (90g.) | | | | | | | | | |
| Pastrnjak, repa, koraba (70g.) | | | | | | | | | |
| Poriluk (160g.) | | | | | | | | | |
| Luk (90g.) | | | | | | | | | |
| Češnjak (10g.) | | | | | | | | | |
| Gljive (44g.) | | | | | | | | | |
| Paprika (160g.) | | | | | | | | | |
| Klice (60g.) | | | | | | | | | |
| Zelena salata, krastavac, celar (30g.) | | | | | | | | | |
| Potočarka (20g.) | | | | | | | | | |
| Rajčica (85g.) | | | | | | | | | |
| Kukuruz šećerac (60g.) | | | | | | | | | |

| | | | | | | | | | |
|-------------------------|--|--|--|--|--|--|--|--|--|
| Cikla (35g.) | | | | | | | | | |
| Salata od kupusa (45g.) | | | | | | | | | |

Prehrambene namirnice i količine Prosječan unos namirnice unutar godine dana

| | Nikad ili < od 1 mjesečno | 1-3 puta mjesečno | 1 tjedno | 2-4 puta tjedno | 5-6 puta tjedno | 1 dnevno | 2-3 puta dnevno | 4-5 puta dnevno | 6 ili > puta dnevno |
|---|---------------------------------|----------------------|----------|--------------------|--------------------|----------|--------------------|--------------------|------------------------|
| Povrće (nastavak sa predhodne stranice) | | | | | | | | | |
| Avokado (145g.) | | | | | | | | | |
| Zapečeni grah (135g.) | | | | | | | | | |
| Sušena leća, grah, grašak (30g.) | | | | | | | | | |
| Tofu, soja, proteini povrća, veganski burger (60g.) | | | | | | | | | |

Postoji li hrana koju ste jeli unutar godine dana a da nije obuhvaćena ovim upitnikom? Ako da, molimo naznačite u listi u nastavku

| Vrsta hrane | Veličina serviranja | Broj konzumiranja unutar tjedan dana |
|-------------|---------------------|--------------------------------------|
| | | |
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Koju vrstu mlijeka najčešće koristite?

Odaberite samo jedan odgovor

| | | | |
|---------------------------------------|--|--|--|
| Punomasno mlijeko (3,5 % -4,0 % m.m.) | | Poluobrano mlijeko (1,5%-2,8% m.m.) | |
| Obrano mlijeko (do 0,5 % m.m.) | | Standardizirano ekstra punomasno mlijeko (4,0%-9,0% m.m) | |
| Mlijeko u prahu | | Mlijeko od soje | |
| Ostala mlijeka | | Niti jedno | |

Koju ukupnu količinu mlijeka dnevno konzumirate (uključujući u kavi, čaju, sa žitaricama)?

| | | | |
|-----------------------|--|----------------|--|
| Ne konzumiram mlijeko | | 350 ml | |
| 120 ml | | 500 ml | |
| 240 ml | | više od 500 ml | |

Da li uobičajeno za doručak jedete žitarice (navedeno pitanje se odnosi na kupovne gotove žitarice)?

| | | | |
|----|--|----|--|
| Da | | Ne | |
|----|--|----|--|

Ako da, molim Vas navedite jedan ili dva primjera žitarica koje najčešće koristite i od kojeg su proizvođača.

| | |
|------------|--------------|
| Proizvođač | Ime žitarica |
| | |
| | |

Koju vrstu masnoća najčešće koristite kod kuhanja? Molimo izaberite samo jedan odgovor.

| | | | |
|-------------|--|-------------|--|
| Maslac | | Margarin | |
| Mast | | Ne koristim | |
| Biljno ulje | | | |

Ako koristite kod kuhanja biljno ulje molim vas navedite koje

Koju vrstu masnoća najčešće koristite kod izrade kolača? Molimo izaberite samo jedan odgovor.

| | | | |
|-------------|--|-------------|--|
| Maslac | | Margarin | |
| Mast | | Ne koristim | |
| Biljno ulje | | | |

Ako kod izrade kolača koristite margarin, molim Vas navedite koji margarin koristite i od kojeg proizvođača

Koliko često jedete hranu koju pržite doma?

| | | | |
|-------------|--|-----------------|--|
| Svakodnevno | | 4-6 puta tjedno | |
|-------------|--|-----------------|--|

Koliko često jedete prženi hranu vani?

| | | | |
|------------------------|--|-------|--|
| 1-3 puta tjedno | | Nikad | |
| Manje od jednom tjedno | | | |

| | | | |
|------------------------|--|-----------------|--|
| Svakodnevno | | 4-6 puta tjedno | |
| 1-3 puta tjedno | | Nikad | |
| Manje od jednom tjedno | | | |

Što radite se vidljivom masnoćom na mesu?

| | | | |
|-------------------|--|-----------------------------|--|
| Većinu pojedem | | Pojedem što je manje moguće | |
| Pojedem manji dio | | Ne jedem uopće to meso | |

Koliko puta tjedno jedete pečeno meso?

Pečeno meso najčešće termički obradim do stupnja:

| | |
|---|--|
| Izrazito pečenog mesa(tamno smeđe boje) | |
| Srednje pečenog mesa | |
| Lagano termički obrađenog (skoro sirovog) | |
| Ne jedem meso | |

Koliko često dodajete sol u hranu za vrijeme kuhanja?

| | | | |
|--------|--|---------|--|
| Uvijek | | Rijetko | |
| Često | | Nikad | |
| | | Ponekad | |

Koliko često dodajete sol u hranu nakon kuhanja (za vrijeme obroka)?

| | | | |
|--------|--|---------|--|
| Uvijek | | Rijetko | |
| Često | | Nikad | |
| | | Ponekad | |

Da li redovito koristite zamjenu za sol (npr. Supisol)?

Ako da, koju?

Za vrijeme obroka, koliko ste prosječno unutar godine dana konzumirali slijedeću hranu?

| | |
|---|--------------------|
| | Broj obroka tjedno |
| Povrće (ne uključuje krumpire) | |
| Salate | |
| Voće i proizvodi od voća (ne uključuje voćne sokove) | |
| Ribu i riblje proizvode | |
| Mesom, mesna jela i mesne proizvode (uključuje slaninu, šunku i piletinu) | |

Hvala Vam na pomoći