

The simplified food-frequency questionnaire

1. Basic information:

Name_____ Age_____ weight_____

2. Dietary habit (including food categories and items): _____

Your favorite foods (multiple selection): a: none; b: Meat (pork, beef, mutton and poultry); c: fish (fish, shrimp, crab); d: fresh vegetables, e: legumes and products; f: rice and wheat flour; g: fruits; h: eggs; I: milk and products.

3. Intake of rich and chow: a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never; How many bowls to eat: _____bowls

4. Intake of wheat flour (including steamed bun, steamed stuffed bun, noodle, dumplings, bread): a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never;

5. Intake of milk and products (including milk, yogurt, powdered milk): a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never; How many bottles to drink: _____bottles

6. Intake of fish (including fish, shrimp, crab): a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never; How much to eat:_____

7. Intake of eggs: a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never; How much to eat:_____

8. Intake of meat (pork, beef, mutton and poultry): a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never; How much to eat:_____

9. Intake of fresh vegetables: a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never; How much to eat:_____

10. Intake of fruits: a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; e: never; How much to eat:_____

11. Legumes and products: a: every day; b: 5~6 times a week; c: 3~4 times a week; d: 1~2 times a week; d never; How much to eat: _____