

How many meals do you usually consume every day?

Fruit, cake, bread etc. are considered as meals, whereas beverages and candy are not considered as meals.

- 1 2 3 4 5 6 More than 6 meals

What kind of bread do you usually choose? Tick off one or more marks.

- light or dark ryebread
- wholemeal ryebread
- white bread
- white bread, coarse grain
- white bread, Italian
- other

What kind of fats do you use on your bread? Put one or more marks.

- none
- minarine
- vegetable margarine
- butter
- blended spread
- lard

How often have you been eating the following foods with bread the past week?

- | 0 | 1-2 | 3-4 | 5-7 times/week |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> cheese 0%-17% fat |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> cheese 27%-38% fat |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> meat |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> fish |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> egg |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> mayonnaise salads |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> vegetables |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> marmalade/honey |

How often have you been eating the following kinds of hot meals the past week?

- | 0 | 1-2 | 3-4 | 5-7 times/week |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> beef/veal |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> pork |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> poultry |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> fish |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> offal |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> egg-dishes |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> vegetable-/vegetarian dishes |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> porridge |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> ready-made meals |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> pizza/burgers |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> sausages etc. |

What kind of fats do you use for cooking?

Put one or more marks.

- none
- margarine
- vegetable margarine
- butter
- blended spread
- lard
- food-/salad oil (rape seed oil)
- olive oil
- corn-/sunflower-/grape seed oil
- other

How often have you been eating potatoes/pasta/rice etc. for your hot meals the past week?

- | 0 | 1-2 | 3-4 | 5-7 times/week |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> potatoes |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> pasta |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> rice/bulgur etc. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> bread |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> other |

How often have you been eating vegetables

as accompaniments to the hot meals the past week?

- | 0 | 1-2 | 3-4 | 5-7 | times/week |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | salad or raw vegetables |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | boiled vegetables |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | vegetables in hot dishes |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | other |

How much fruit do you usually eat during a day/week?

1 portion = 1 piece or 1 dl

- none
- 1-2 per week
- 3-4 per week
- 5-6 per week
- 1-2 per day
- 3-4 per day
- 5-6 per day
- more than 6 per day

