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
☐ ☐ ☐ ☐ cheese 0%-17% fat
☐ ☐ ☐ ☐ cheese 27%-38% fat
☐ ☐ ☐ ☐ meat
☐ ☐ ☐ ☐ fish
☐ ☐ ☐ ☐ egg
☐ ☐ ☐ ☐ mayonnaise salads
☐ ☐ ☐ ☐ vegetables
☐ ☐ ☐ ☐ 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
☐ ☐ ☐ ☐ beef/veal
☐ ☐ ☐ ☐ pork
☐ ☐ ☐ ☐ poultry
☐ ☐ ☐ ☐ fish
☐ ☐ ☐ ☐ offal
☐ ☐ ☐ ☐ egg-dishes
☐ ☐ ☐ ☐ vegetable-/vegetarian dishes
☐ ☐ ☐ ☐ porridge
☐ ☐ ☐ ☐ ready-made meals
☐ ☐ ☐ ☐ pizza/burgers
☐ ☐ ☐ ☐ 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
☐ ☐ ☐ ☐ potatoes
☐ ☐ ☐ ☐ pasta
☐ ☐ ☐ ☐ rice/bulgur etc.
☐ ☐ ☐ ☐ bread
☐ ☐ ☐ ☐ other

How often have you been eating vegetables
as accompaniments to the hot meals the past week?

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1-2</th>
<th>3-4</th>
<th>5-7</th>
<th>times/week</th>
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<td>☐</td>
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<td>☒</td>
<td>boiled vegetables</td>
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<td>vegetables in hot dishes</td>
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<td>☐</td>
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<td>☐</td>
<td>☐</td>
<td>other</td>
</tr>
</tbody>
</table>

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

*1 portion = 1 piece or 1 dl*

<table>
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<tr>
<th></th>
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<th>1-2 per week</th>
<th>3-4 per week</th>
<th>5-6 per week</th>
<th>1-2 per day</th>
<th>3-4 per day</th>
<th>5-6 per day</th>
<th>more than 6 per day</th>
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