



Food Frequency Questionnaire

ECRHS III

This questionnaire asks for background information related to what you eat. We would like you to describe the frequency of consumption in the last 12 months of the foods listed.

Your answers will be treated as strictly confidential and will be used only for the purposes of this research.

Please fill in the following boxes:

Date today DD/MM/YYYY	Date of birth DD/MM/YYYY	Indicate whether a Female (F) or Male (M)
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Dear Participant:

In the context of the ECRHS III study, we would like to ask you to complete and return this food frequency questionnaire (FFQ). Please tick (✓) in the box to indicate how often, on average, you have eaten the specified amount of each food during the last 12 months. Do not tick more than one box per food.

- Because this FFQ is being used in several countries, **YOU WILL BE UNFAMILIAR WITH** some of the foods listed in this questionnaire. If you do not eat some of these, please tick the option “Rarely/never”.
- If you make a mistake and put a tick in the wrong box just cross through the tick as shown below, and put a tick in the correct box.

EXAMPLE

Vegetables excluding potatoes (medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 day	4+ day
Lettuce			✓	✓				

- PLEASE TICK **ONE BOX ONLY** PER LINE AND DO NOT LEAVE FOODS WITHOUT ANSWER.
- For seasonal fruits such as strawberries or grapes, if you eat them about once a week when in season, you should put a tick in the column “once a week”.

We thank you very much for your collaboration.

ECRHS III Team

Tick one box for every food to show how often you ate it. Please answer every question, if you are uncertain about how to answer a question then do best you can, but please do not leave a question blank.

1. Bread and rolls (one slice or medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q1p1 Total bread (any, on average)	1	2	3	4	5	6	7	8
q1p2 Wholemeal or brown bread (with or without seeds)	1	2	3	4	5	6	7	8
q1p3 White bread (e.g. baguette, rolls, sliced crust(less))	1	2	3	4	5	6	7	8
q1p4 Rye bread (any)	1	2	3	4	5	6	7	8
q1p5 Nan bread	1	2	3	4	5	6	7	8
q1p6 Chapatti	1	2	3	4	5	6	7	8
q1p7 Yeast based bread	1	2	3	4	5	6	7	8

2. Breakfast and other cereals (any) (medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q2p1 Any breakfast cereals (e.g. oatmeal, wheat germ, cornflakes, Quaker, kasha)	1	2	3	4	5	6	7	8
q2p2 wheat germ	1	2	3	4	5	6	7	8
q2p3 Quaker	1	2	3	4	5	6	7	8
q2p4 Corn-flakes	1	2	3	4	5	6	7	8
q2p5 Weetabix	1	2	3	4	5	6	7	8

3. Semolina (table spoon)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q3p1 Couscous in savoury dishes	1	2	3	4	5	6	7	8
q3p2 Couscous in sweet dishes	1	2	3	4	5	6	7	8

4. Pasta (and wheat derived foods) (medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q4p1 Any pasta (on average)	1	2	3	4	5	6	7	8
q4p2 Plain (refined) pasta (e.g. spaghetti, macaroni)	1	2	3	4	5	6	7	8

Pasta (and wheat derived foods) (medium serving) continued)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q4p3 Plain wholemeal (unrefined) pasta	1	2	3	4	5	6	7	8
q4p4 Filled pasta (with meat/cheese/vegetables)	1	2	3	4	5	6	7	8
q4p5 Noodles (excluding rice noodles)	1	2	3	4	5	6	7	8

5. Bakery products/desserts (one biscuit, one unit, or medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q5p1 Any cakes or pastries (on average)	1	2	3	4	5	6	7	8
q5p2 Cakes (e.g. sponge, chocolate, ginger, honey, apple)	1	2	3	4	5	6	7	8
q5p3 Pastries (e.g. croissants)	1	2	3	4	5	6	7	8
q5p4 Rolls (with/without stuffing)	1	2	3	4	5	6	7	8
q5p5 Muffins	1	2	3	4	5	6	7	8
q5p6 Doughnuts, buns (plain or filled)	1	2	3	4	5	6	7	8
q5p7 Rice pudding	1	2	3	4	5	6	7	8
q5p8 Cheese cake	1	2	3	4	5	6	7	8
q5p9 Pancakes	1	2	3	4	5	6	7	8
q5p10 Plain biscuits (with no fillings or cream)	1	2	3	4	5	6	7	8
q5p11 Thin biscuits (e.g. crackers, rice-wafer)	1	2	3	4	5	6	7	8

6. Rice (1 cup (cooked))	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q6p1 Rice (any)	1	2	3	4	5	6	7	8
q6p2 White rice	1	2	3	4	5	6	7	8
q6p3 Brown/wholemeal (unrefined) rice	1	2	3	4	5	6	7	8
q6p4 Rice noodles	1	2	3	4	5	6	7	8

7. Sugar (tea spoon) & jam (enough for 1 slice of bread)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q7p1 Table sugar	1	2	3	4	5	6	7	8
q7p2 Jam	1	2	3	4	5	6	7	8
q7p3 Marmalade	1	2	3	4	5	6	7	8
q7p4 Honey	1	2	3	4	5	6	7	8
q7p5 Syrup spreads	1	2	3	4	5	6	7	8

8. Sugar products excluding chocolate (one unit)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q8p1 Total (any) sweets or bonbons	1	2	3	4	5	6	7	8
q8p2 Boiled sweets, toffees, caramels	1	2	3	4	5	6	7	8
q8p3 Mixed candies	1	2	3	4	5	6	7	8
q8p4 Cereal bars, flapjacks/fruit bar	1	2	3	4	5	6	7	8
q8p5 Water ice (lolly ice)	1	2	3	4	5	6	7	8

9. Chocolate	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q9p1 Chocolates (any)	1	2	3	4	5	6	7	8
q9p2 Chocolate snack bars, e.g. Mars, Crunchie (1 bar)	1	2	3	4	5	6	7	8
q9p3 Chocolate (e.g. plain, dark/milk) (a square or 20g)	1	2	3	4	5	6	7	8

10. Vegetable oils (1 table spoon)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q10p1 Vegetable oil (blended, any)	1	2	3	4	5	6	7	8
q10p2 Sunflower oil	1	2	3	4	5	6	7	8
q10p3 Olive oil	1	2	3	4	5	6	7	8
q10p4 Extra virgin olive oil	1	2	3	4	5	6	7	8
q10p5 Palm oil	1	2	3	4	5	6	7	8

11. Margarine and lipids of mixed origin (1 table spoon)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q11p1 Any margarine or spread (excluding soya spread)	1	2	3	4	5	6	7	8
q11p2 Low-fat margarine	1	2	3	4	5	6	7	8
q11p3 Normal margarine	1	2	3	4	5	6	7	8
q11p4 Blended spreads	1	2	3	4	5	6	7	8
q11p5 Soya-based spreads (any)	1	2	3	4	5	6	7	8
q11p6 Any margarines or vegetable spreads fortified with omega-3	1	2	3	4	5	6	7	8
11p7 Margarines or spreads fortified with vitamin D	1	2	3	4	5	6	7	8

12. Butter and animal fats (amount spread enough to cover a loaf of bread)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q12p1 Any butter	1	2	3	4	5	6	7	8
q12p2 Low-reduced fat butter	1	2	3	4	5	6	7	8
q12p3 Normal butter	1	2	3	4	5	6	7	8

13. Nuts (10 units approx.)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q13p1 Any nuts	1	2	3	4	5	6	7	8
q13p2 Peanuts	1	2	3	4	5	6	7	8
q13p3 Cashew nuts	1	2	3	4	5	6	7	8
q13p4 Almonds	1	2	3	4	5	6	7	8
q13p5 Walnuts	1	2	3	4	5	6	7	8

14. Legumes (1 cup (cooked))	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2+ per day	4+ day
q14p1 Any legumes	1	2	3	4	5	6	7	8
q14p2 Kidney (red), black beans	1	2	3	4	5	6	7	8
q14p3 Lentils	1	2	3	4	5	6	7	8
q14p4 Chickpeas (also hummus)	1	2	3	4	5	6	7	8
q14p5 Cluster beans (guar)	1	2	3	4	5	6	7	8
q14p6 French beans (string beans)	1	2	3	4	5	6	7	8
q14p7 Fava beans	1	2	3	4	5	6	7	8
q14p8 Soya beans	1	2	3	4	5	6	7	8

15. Vegetables excluding potatoes (medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q15p1 Any vegetables (excluding potatoes)	1	2	3	4	5	6	7	8
q15p2 Lettuce	1	2	3	4	5	6	7	8
q15p3 Spinach (including lamb's quarters)	1	2	3	4	5	6	7	8
q15p4 Chard	1	2	3	4	5	6	7	8
q15p5 Fenugreek	1	2	3	4	5	6	7	8
q15p6 Wild greens (e.g. amaranth, purslane, watercress)	1	2	3	4	5	6	7	8
q15p7 Okra	1	2	3	4	5	6	7	8
q15p8 Tomato	1	2	3	4	5	6	7	8
q15p9 Aubergine	1	2	3	4	5	6	7	8
q15p10 Courgette	1	2	3	4	5	6	7	8
q15p11 Sweet peppers (e.g. red, green, yellow)	1	2	3	4	5	6	7	8
q15p12 Cucumber	1	2	3	4	5	6	7	8
q15p13 Bitter melon (Karela)	1	2	3	4	5	6	7	8
q15p14 Carrots	1	2	3	4	5	6	7	8
q15p15 Parsnip	1	2	3	4	5	6	7	8
q15p16 Turnip or Swede	1	2	3	4	5	6	7	8
q15p17 Artichokes	1	2	3	4	5	6	7	8
q15p18 Radish	1	2	3	4	5	6	7	8
q15p19 Beetroot	1	2	3	4	5	6	7	8
q15p20 Celery	1	2	3	4	5	6	7	8
q15p21 Coleslaw	1	2	3	4	5	6	7	8
q15p22 Sweet Corn	1	2	3	4	5	6	7	8
q15p23 Asparagus	1	2	3	4	5	6	7	8
q15p24 Herbs (e.g. mint, fennel, chive, basil, dill, coriander, parsley) (1 table spoon)	1	2	3	4	5	6	7	8
q15p25 Leek	1	2	3	4	5	6	7	8
q15p26 White/other mushrooms	1	2	3	4	5	6	7	8
q15p27 Onion	1	2	3	4	5	6	7	8
q15p28 Garlic	1	2	3	4	5	6	7	8
q15p29 Cauliflower	1	2	3	4	5	6	7	8
q15p30 Pumpkin	1	2	3	4	5	6	7	8

Vegetables excluding potatoes (continued) (medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 day	4+ day
q15p31 Brussels sprouts	1	2	3	4	5	6	7	8
q15p32 Peas (green)	1	2	3	4	5	6	7	8
q15p33 Broccoli	1	2	3	4	5	6	7	8
q15p34 Cabbage (e.g. white, green red, Savoy)	1	2	3	4	5	6	7	8
q15p35 Stuffed vegetables (e.g. vine/green leaves with rice or meat)	1	2	3	4	5	6	7	8
q15p36 Pickled vegetables (e.g. cucumber, radish, cabbage)	1	2	3	4	5	6	7	8
q15p37 Ginger (e.g. in savoury and sweet dishes, in infusion)	1	2	3	4	5	6	7	8

16. Starchy roots or potatoes (medium serving)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q16p1 Potatoes (on average, in all forms)	1	2	3	4	5	6	7	8
q16p2 Mashed potatoes	1	2	3	4	5	6	7	8
q16p3 Baked/roasted/casserole	1	2	3	4	5	6	7	8
q16p4 Chips/French fries	1	2	3	4	5	6	7	8
q16p5 In salads	1	2	3	4	5	6	7	8
q16p6 Potato dumpling, bread dumpling, gnocchi	1	2	3	4	5	6	7	8
q16p7 Potato tortilla (omelette)	1	2	3	4	5	6	7	8
q16p8 Sweet potato	1	2	3	4	5	6	7	8

17. Fruits (one piece of fruit)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q17p1 Fresh fruits (any)	1	2	3	4	5	6	7	8
<i>Hard fruits</i>								
q17p2 Apple	1	2	3	4	5	6	7	8
q17p3 Pear	1	2	3	4	5	6	7	8
<i>Stoned fruits</i>								
q17p4 Avocado	1	2	3	4	5	6	7	8
q17p5 Mango	1	2	3	4	5	6	7	8
q17p6 Apricot	1	2	3	4	5	6	7	8

17. Fruits (one piece of fruit)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
<i>Stoned fruits (continued)</i>								
q17p7 Nectarine	1	2	3	4	5	6	7	8
q17p8 Peach	1	2	3	4	5	6	7	8
q17p9 Plum	1	2	3	4	5	6	7	8
<i>Cherries & Berries</i>								
q17p10 Cherries (1 cup)	1	2	3	4	5	6	7	8
q17p11 Rhubarb	1	2	3	4	5	6	7	8
q17p12 Forest fruits - Berries (e.g. blueberry, strawberry, blackcurrants, blackberry raspberry) (1 cup)	1	2	3	4	5	6	7	8
<i>Soft fruits</i>								
q17p13 Banana	1	2	3	4	5	6	7	8
q17p14 Melon/ Watermelon	1	2	3	4	5	6	7	8
q17p15 Grape (1 cup or 15 grapes)	1	2	3	4	5	6	7	8
q17p16 Squeezed fresh fruit (1 cup)	1	2	3	4	5	6	7	8
q17p17 Pineapple (1/3 of a unit)	1	2	3	4	5	6	7	8
<i>Citrus fruits</i>								
q17p18 Kiwi	1	2	3	4	5	6	7	8
q17p19 Lemon (juice of 1 unit)	1	2	3	4	5	6	7	8
q17p20 Orange	1	2	3	4	5	6	7	8
q17p21 Mandarin/Tangerine	1	2	3	4	5	6	7	8
q17p22 Grapefruit	1	2	3	4	5	6	7	8
<i>Tinned fruits</i>								
q17p23 Tinned fruits (any, 1 can)	1	2	3	4	5	6	7	8
<i>Dried fruits & Olives</i>								
q17p24 Raisin, sultana (1 table spoon)	1	2	3	4	5	6	7	8
q17p25 Fig	1	2	3	4	5	6	7	8
q17p26 Prune	1	2	3	4	5	6	7	8
q17p27 Olives (e.g. black, green) (5 units)	1	2	3	4	5	6	7	8
q17p28 Dates (1 table spoon or 3 units)	1	2	3	4	5	6	7	8

18. Fruit juices (1 glass 200 ml)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q18p1 Concentrated juice, with sugar	1	2	3	4	5	6	7	8
q18p2 Concentrated juice, without sugar (with sweetener)	1	2	3	4	5	6	7	8

19. Non-alcoholic beverages (1 glass 200ml)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q19p1 Carbonated/soft/isotonic drinks	1	2	3	4	5	6	7	8
q19p2 Tap water	1	2	3	4	5	6	7	8
q19p3 Mineral water (e.g. still or sparkling)	1	2	3	4	5	6	7	8

20. Tea/coffee (1 cup)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q20p1 Black tea (any)	1	2	3	4	5	6	7	8
q20p2 Coffee (instant or ground)	1	2	3	4	5	6	7	8
q20p3 Greek (Turkish) Coffee	1	2	3	4	5	6	7	8
q20p4 Green tea	1	2	3	4	5	6	7	8
q20p5 Peppermint tea	1	2	3	4	5	6	7	8
q20p6 Other herbal infusions	1	2	3	4	5	6	7	8

21. Beer (1/2 pint or 1 glass 200 ml)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q21 Beer (any)	1	2	3	4	5	6	7	8

22. Wine (1 glass 125 ml)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q22p1 Any wine	1	2	3	4	5	6	7	8
q22p2 Red wine	1	2	3	4	5	6	7	8
q22p3 White wine	1	2	3	4	5	6	7	8
q22p4 Rose wine	1	2	3	4	5	6	7	8

23. Other alcoholic beverages (1 glass 50 ml)	Rarely/ Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2+ day	4+ day
q23p1 Fortified wines (Liqueurs) (e.g. Sherry, port, Madeira)	1	2	3	4	5	6	7	8
q23p2 Spirits (e.g. whisky, vodka, rum, gin)	1	2	3	4	5	6	7	8

24. Red meat and meat products (medium serving)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q24p1 Any red meat (e.g. beef, veal, lamb, pork, game)	1	2	3	4	5	6	7	8
q24p2 Hot/cold roast beef, boiled beef, beef steak, fillet, loin	1	2	3	4	5	6	7	8
q24p3 Beef burger	1	2	3	4	5	6	7	8
q24p4 Minced beef meat (e.g chilli con carne, Bolognese sauce, meatballs)	1	2	3	4	5	6	7	8
q24p5 Meat stew, casserole, in curry	1	2	3	4	5	6	7	8
q24p6 Pork cutlet, chop, steak, fillet, loin, pork ribs	1	2	3	4	5	6	7	8
q24p7 Meat pies	1	2	3	4	5	6	7	8
q24p8 Sausages	1	2	3	4	5	6	7	8
q24p9 Veal	1	2	3	4	5	6	7	8
q24p10 Small game (e.g. rabbit, goat, pheasant, duck)	1	2	3	4	5	6	7	8
q24p11 Other game (e.g. deer, moose)	1	2	3	4	5	6	7	8
q24p12 Lamb (e.g. in stews, kebabs)	1	2	3	4	5	6	7	8
<i>Smoked/cured meat (1 slice)</i>								
q24p13 Cured pork (cold or hot- cooked)	1	2	3	4	5	6	7	8
q24p14 Gammon, ham (e.g. Serrano, prosciutto)	1	2	3	4	5	6	7	8
q24p15 Dried cured sausages (chorizo, salchichon, salami)	1	2	3	4	5	6	7	8
q24p16 Frankfurter	1	2	3	4	5	6	7	8
q24p17 Bacon, bacon cubes	1	2	3	4	5	6	7	8
q24p18 Smoked lamb	1	2	3	4	5	6	7	8
q24p19 Smoked game (any)	1	2	3	4	5	6	7	8

25. Poultry (medium serving)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q25p1 Any poultry with skin	1	2	3	4	5	6	7	8
q25p2 Any poultry without skin	1	2	3	4	5	6	7	8
<i>Fresh (un-smoked)</i>								
q25p3 Chicken, boiled, roasted, chicken burgers	1	2	3	4	5	6	7	8
q25p4 Chicken in stews, breadcrumbs, pies, fricassee, etc	1	2	3	4	5	6	7	8
q25p5 Turkey, roasted, boiled, strips, etc	1	2	3	4	5	6	7	8
q25p6 Turkey in stews, breadcrumbs, pies, etc.	1	2	3	4	5	6	7	8
<i>Smoked or cured poultry</i>								
q24p7 Any smoked/cured poultry	1	2	3	4	5	6	7	8

26. Offal (medium serving)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q26p1 Liver (eg panita), pates, potted meat	1	2	3	4	5	6	7	8
q26p2 Other offal (e.g. tongue, brain, heart, kidney, tripe)	1	2	3	4	5	6	7	8

27. Fish and seafood (medium serving)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q27p1 Any fish (fresh, tinned, smoked, fatty, white)	1	2	3	4	5	6	7	8
q27p2 Fresh fatty fish (e.g. salmon, tuna, trout, anchovy, herring, mackerel, sardine, gravalex, eel)	1	2	3	4	5	6	7	8
q27p3 Fresh white fish (e.g. hake/burbot, cod, haddock, plaice, whiting)	1	2	3	4	5	6	7	8
q27p4 Other fresh fish/seafood products (e.g. taramasalata)	1	2	3	4	5	6	7	8
q27p5 Fresh Crustaceans and molluscs (e.g. mussel, crab, calamari, octopus, cuttlefish, shrimp, clam)	1	2	3	4	5	6	7	8

27. Fish and seafood (medium serving) (continued)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q27p6 Cured or smoked fatty fish (e.g. sardines, tuna, salmon, kipper)	1	2	3	4	5	6	7	8
q27p7 Cured or smoked white fish (e.g. cod, bacalhau)	1	2	3	4	5	6	7	8
q27p8 Tinned fatty fish (e.g. sardines, tuna, salmon)	1	2	3	4	5	6	7	8
q27p9 Tinned crustaceans and molluscs (e.g. mussel, crab, calamari, octopus, cuttlefish, shrimp, clam)	1	2	3	4	5	6	7	8

28. Eggs (from hen) (1 egg)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q28p1 Eggs (any, on average)	1	2	3	4	5	6	7	8
q28p2 Eggs (fried/poached/boiled/hard boiled/in sandwiches)	1	2	3	4	5	6	7	8
q28p3 Egg-based savoury dishes	1	2	3	4	5	6	7	8
q28p4 Egg-based desserts (e.g. Egg cakes, tarts, egg and nuts sweets)	1	2	3	4	5	6	7	8

29. Milk & dairy (animal and soya) (1 glass/200ml)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q29p1 Milk (any, excluding soya)	1	2	3	4	5	6	7	8
<i>Cow milk</i>								
q29p2 Sour milk (alone/with fruits)	1	2	3	4	5	6	7	8
q29p3 Full-fat milk	1	2	3	4	5	6	7	8
q29p4 Semi-skimmed milk	1	2	3	4	5	6	7	8
q29p5 Skimmed milk	1	2	3	4	5	6	7	8
q29p6 Fermented milk (pro-biotics)	1	2	3	4	5	6	7	8
q29p7 Condensed milk	1	2	3	4	5	6	7	8

29 Milk (cow) & soya (1 glass/200ml) (continued)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
<i>Fortified milks (any animal source)</i>								
q29p8 Vitamin D milk	1	2	3	4	5	6	7	8
q29p9 Omega 3 milk	1	2	3	4	5	6	7	8
<i>Goat or sheep milk</i>								
q29p10 Full fat milk	1	2	3	4	5	6	7	8
q29p11 Semi-skimmed milk	1	2	3	4	5	6	7	8
q29p12 Farmer's milk	1	2	3	4	5	6	7	8
<i>Yoghurt</i>								
q29p13 Yoghurt (any type)	1	2	3	4	5	6	7	8
q29p14 Greek-style yoghurt	1	2	3	4	5	6	7	8
q29p15 Fromage frais	1	2	3	4	5	6	7	8
q29p16 Yoghurt with probiotics	1	2	3	4	5	6	7	8
<i>Soya based dairy</i>								
q29p17 Soya milk (any)	1	2	3	4	5	6	7	8
q29p18 Soya based yogurt	1	2	3	4	5	6	7	8

30. Cheeses (1 regular piece or spread for 1 slice of bread)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q30p1 Any cheese	1	2	3	4	5	6	7	8
q30p2 Hard cheeses (e.g. Cheddar, parmesan)	1	2	3	4	5	6	7	8
q30p3 Soft cheeses (e.g. Brie, camembert, Philadelphia, tomini, boursault, brinza, chaource, coulommiers, Humboldt fog, kochkase)	1	2	3	4	5	6	7	8
q30p4 Semi-hard cheeses (e.g. Gouda, Emmental/Edam)	1	2	3	4	5	6	7	8
q30p5 Cottage cheese (cheese curd) (natural/with scents)	1	2	3	4	5	6	7	8
q30p6 Hard and semi-hard Greek cheeses (e.g. Kaseri, kefalotiri, Grafiera, Kefalograviera, Ladotiri)	1	2	3	4	5	6	7	8
q30p7 Fresh cheeses (e.g. Feta, mozzarella)	1	2	3	4	5	6	7	8

31. Other milk derived products (1 table spoon unless otherwise stated)	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q31p1 Ice cream (1 unit)	1	2	3	4	5	6	7	8
q31p2 Single cream crème	1	2	3	4	5	6	7	8
q31p3 Crème fraîche	1	2	3	4	5	6	7	8
a31p4 Sour cream	1	2	3	4	5	6	7	8
q31p5 Double or clotted cream	1	2	3	4	5	6	7	8
q31p6 Tofu	1	2	3	4	5	6	7	8

32. Miscellaneous food	Rarely Never	1-3 times a month	Once a week	2-4 week	5-6 week	Once a day	2-3 day	4+ day
q32p1 Dressing sauces (1 table spoon) (e.g. French, Cesar, thousand islands)	1	2	3	4	5	6	7	8
q32p2 Mayonnaise (1 table spoon)	1	2	3	4	5	6	7	8
q32p3 Fresh meat and vegetable soups (regular bowl)	1	2	3	4	5	6	7	8
q32p4 Fresh vegetable or cereal soups (regular bowl) (e.g. green/other cabbage soup, gazpacho, legumes/peas soup, tarhana)	1	2	3	4	5	6	7	8
q32p5 Fresh meat or offal soups (regular bowl)	1	2	3	4	5	6	7	8
q32p6 Fresh fish soups (regular bowl)	1	2	3	4	5	6	7	8
q32p7 Pizza (any) (1 regular slice)	1	2	3	4	5	6	7	8
q32p8 Spicy sauces (1 table spoon)	1	2	3	4	5	6	7	8
q32p9 Ketchup (1 table spoon)	1	2	3	4	5	6	7	8
q32p10 'fried tomato'	1	2	3	4	5	6	7	8
q32p11 Pesto sauce	1	2	3	4	5	6	7	8
q32p12 Traditional dish 3	1	2	3	4	5	6	7	8
q32p13 Traditional dish 4	1	2	3	4	5	6	7	8
q32p14 Traditional dish 5	1	2	3	4	5	6	7	8

Additional questions:

33. Products for special nutritional use

Do you **REGULARLY** take any nutritional supplement? e.g. vitamin C, selenium etc?

q33

Yes

No

If you answered yes to question 33, please indicate:

		Times per week dose is taken	
Nutrient supplement (or brand name)	Dose taken	In summer	In winter
q33p1	q33p1dose	q33p1daily	q33p1week
q33p2	q33p2dose	q33p2daily	q33p2week
q33p3	q33p3dose	q33p3daily	q33p3week
q33p4	q33p4dose	q33p4daily	q33p4week
q33p5	q33p5dose	q33p5daily	q33p5week
Vitamin D only			
q33p6 Cod liver pills	q33p6dose	q33p6daily	q33p6week
q33p7 Cod liver oil	q33p7dose	q33p7daily	q33p7week
q33p8 Fish oil capsules	q33p8dose	q33p8daily	q33p8week

34. Are there any other foods you normally eat once or more a week?

q34

Yes No

If yes, please list below:

Food (if it is a local dish, and you know the main components or ingredients, please name them)	Usual serving size	Number of times eaten per week
q34p1	q34p1size	q34p1times
q34p2	q34p2size	q34p2times
q34p3	q34p3size	q34p3times
q34p4	q34p4size	q34p4times

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

q35 Select one only please:

Butter	1
Lard/dripping	2
Sunflower oil	3
Solid vegetable fat	4
Margarine	5
Olive oil	6
None	0

36. How often do you add salt to food while cooking?

q36

Always	1
Sometimes	2
Rarely	3
Never	0

37. In the last year, on average, how many times a week did you eat a medium serving (unit/glass or cup) of the following food groups?

Food type	Times/week
q37p1 Vegetables (excluding potatoes)	q37p1times
q37p2 Potatoes	q37p2times
q37p3 Fruits and fruit products (excluding fruit juice)	q37p3times
q37p4 Fish	q37p4times
q37p5 Fish products	q37p5times
q37p6 Meat, meat products or meat dishes (including bacon, ham and chicken)	q37p6times
q37p7 Milk (skimmed, full fat, any)	q37p7times

38. Are there any foods you do not eat because they cause you allergy or intolerance?

q38

Yes

No

If yes, please name these foods below:

Food not consumed	Reason
q38p1	q38p1reason
q38p2	q38p2reason
q38p3	q38p3reason
q38p4	q38p4reason

39. Are you currently following a special diet?

Yes

No

If you answered yes, please indicate if you are following one these diets:

	Yes	No
q39p1 Weight loss	1	2
q39p2 Hypertension	1	2
q39p3 Diabetes Mellitus	1	2
q39p4 Coeliac disease	1	2

40. Please indicate (tick as appropriate) if you suffer any of the following illnesses:

	Yes	No
q40p1 Hypertension	1	2
q40p2 Heart disease (any)	1	2
q40p3 Diabetes Mellitus Type I	1	2
q40p4 Diabetes Mellitus Type II	1	2
q40p5 Obesity/overweight	1	2

41. Please write your weight (kg) and height (mt)

q41p1 Weight:	q41p2 Height:
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THANK YOU FOR YOUR COOPERATION!