

1.15.2 Dietary variables, comments

**Mobile Clinic Health Examination Survey (AK)**

**Mobile Clinic Follow-up Survey (AU)**

AK VARIABLE	AU VARIABLE	NAME	COMMENTS
	V7049	TYPE OF FAT USED IN COOKING	The type of fat used in cooking was asked separately in the interview. This individual data was used in the recipes of mixed foods.
V1857	V7090	BREAKFAST CEREALS, AVERAGE	Mean: Corn flakes Rice Krispies
V1874	V7111	POTATO, UNPEELED	Edible proportion: 85%
V1876	V7113	SWEDE, UNPEELED	Edible proportion: 87%
V1878	V7114	TURNIP, UNPEELED	Edible proportion: 78%
V1879	V7115	CARROT, UNPEELED	Edible proportion: 92%
V1881	V7117	RADISH, UNPEELED	Edible proportion: 90%
V1883	V7119	FRESH VEGETABLE JUICE, AVERAGE	Mean: Carrot Swede White cabbage
V1887	V7123	CUCUMBER, AVERAGE	Mean: Cucumber Cucumber, salted
V1902	V7137	ONION, UNPEELED	Edible proportion: 95%
V1908	V7142	MIXED VEGETABLES	Calculated when needed: 46% carrot 30% pea 15% cauliflower 5% green bean
V1912	V7147	ORANGE, UNPEELED	Edible proportion: 72%
V1916	V7150	BANANA, UNPEELED	Edible proportion: 67%
V1917	V7151	GRAPEFRUIT, UNPEELED	Edible proportion: 65%
V1919	V7153	FRUIT SALAD, FRESH	Calculated: 50% apple 25% orange 20% pear 15% banana 10% grape
V1920		CHERRY, UNPITTED	Edible proportion: 91%
V1921	V7155	PLUM, UNPITTED	Edible proportion: 92%
V1922	V7156	PLUM, DRIED, UNPITTED	Edible proportion: 83%
V1923	V7157	APPLE, UNPEELED	Edible proportion: 87%
V1925	V7159	PEACH, UNPITTED	Edible proportion: 87%
V1927	V7161	PEAR, UNPEELED	Edible proportion: 88%
V1931	V7163	MIXED FRUIT, DRIED, UNREFINED	Edible proportion: 93% Calculated when needed: 50% prune, dried 30% apple, dried 20% apricot, dried

V1932	V7164	LEMON, UNPEELED	Edible proportion: 65%
V1933		DATES, DRIED, WITH STONE	Edible proportion: 87%
V1934	V7165	FRESH JUICE, FRUIT JUICE, AVERAGE	Mean: Apple juice Orange juice Grapefruit juice  Production of juices packed in cardboard packages was started in 1971.
V1936	V7167	FIGS, DRIED, UNREFINED	Edible proportion: 97%
V1948	V7179	FESH BERRIES, AVERAGE	Mean: Lingonberry Bilberry Black currant Red currant Gooseberry Strawberry Raspberry
V1953	V7184	VEGETABLE OIL, AVERAGE	Mean: Corn oil Soybean oil Sunflower oil
V1955	V7187	MARGARINE, ORDINARY	Fatty acids are mean of five margarines: "Besta Juhlavehnäs" "Sunnuntai" "Juvel" "Leipojan Milda" "Leivinmainio"
	V7188	HOUSEHOLD MARGARINE	Fatty acids are mean of five margarines: "Besta Juhlavehnäs" "Sunnuntai" "Juvel" "Leipojan Milda" "Leivinmainio"
V1956		MARGARINE, SOFT VEGETABLE "FLORA"	Marketing of soft vegetable margarines was started at the beginning of 1969. The code appears since Kittilä (municipality 603).
V1957		MARGARINE, SOFT VEGETABLE "SOLIVE"	Marketing of soft vegetable margarines was started at the beginning of 1969. The code appears since Kittilä (municipality 603).
	V7191	MARGARINE, AVERAGE	Calculated: 25% soft vegetable margarine 25% margarine, all-purpose 50% household margarine
V1962		MILK, STANDARD MILK, 3.9% FAT	Cultured whole milk was also coded as whole milk.
V1963		MILK, LOW-FAT, 2.5% FAT	Marketing of low-fat milk was started in 1970.

			The code appears since Kuusankoski (municipality 802).
V1981		CULTURED CREAM, 12% FAT	Marketing of sour cream was started late sixties. The code appears since Ylitornio (municipality 702).
V1982		YOGHURT	Production of yoghurt for nationwide marketing was started late sixties. The code appears since Kittilä (municipality 603).
V1990	V7235	PORK, CHOP WITH BONES	Edible proportion: 71%
V2029	V7279	LIVER, AVERAGE	Mean: Veal liver Beaf liver Pork liver
V2039	V7290	VENDACE WITH BONES	Edible proportion: 75%
V2042	V7293	BALTIC HERRING WITH BONES	Edible proportion: 70%
V2045	V7296	FISH, AVERAGE	Mean: Peach Pike Bream White fish Baltic herring Vendace
V2046	V7297	FISH IN SOUP, AVERAGE	Mean: Peach Pike Bream White fish
V2050	V7300	VENDACE, SALTED WITH BONES	Edible proportion: 70%
V2052	V7302	BALTIC HERRING, SALTED WITH BONES	Edible proportion: 60%
V2054	V7304	SMOKED VENDAGE WITH BONES	Edible proportion: 70%
V2058	V7308	SMOKED BALTIC HERRING WITH BONES	Edible proportion: 60%
V2059	V7310	SMOKED FISH, AVERAGE	Mean: Baltic herring, smoked Vendace, smoked White fish, smoked Bream, smoked
V2062	V7313	EGG WITH SHELL	Edible proportion: 89%
V2065		BEER, MEDIUM STRENGTH	In the first municipalities of the dietary survey (202, 203, 301, 302 and 303) beer consumption was not specifically asked. Beer appears systematically from Uusikaupunki (municipality 501) onwards. The sale of beer, medium strength 4.5%, was allowed in grocery shops 1 January

			1969.
V2066		BEER, STRONG	In the first municipalities of the dietary survey (202, 203, 301, 302 and 303) beer consumption was not specifically asked. Strong beer appears more systematically from Karigasniemi (municipality 602) onwards.
V2067		WINE	Systematically asked from Joensuu onwards, in three last municipalities (1701, 1702 and 1703).
V2068		WINE FORTIFIED	Systematically asked from Joensuu onwards, in three last municipalities (1701, 1702 and 1703).
V2069		SPIRITS	Systematically asked from Joensuu onwards, in three last municipalities (1701, 1702 and 1703).
V2070		OTHER DISTILLED BEVERAGES	Systematically asked from Joensuu onwards, in three last municipalities (1701, 1702 and 1703).
V2071		LIQUEUR	Systematically asked from Joensuu onwards, in three last municipalities (1701, 1702 and 1703).
V2074		SOFT DRINK, LEMONADE	Consumption of soft drink lemonade was not specifically asked in two first municipalities (202 and 203).
V2078		CANDY	Candy consumption was not specifically asked in two first municipalities (202 and 203).
V2083		CHOCOLATE	Chocolate consumption was not specifically asked in two first municipalities (202 and 203).
V2104		ALCOHOLIC BEVERAGES, SUBGROUP 22	Consumption of all alcoholic beverages was systematically asked from Joensuu onwards, in three last municipalities (1701, 1702 and 1703). Beer consumption appears systematically from Uusikaupunki (municipality 501) onwards.
V2105		SOFT DRINKS, SUBGROUP 23	Consumption of soft drink lemonade was not specifically asked in two first municipalities (202 and 203).
V2106		SUGAR, SYRUP, HONEY, CANDY, SUBGROUP 24	Candy consumption was not specifically asked in two first municipalities (202 and 203).
V2107		OTHER FOODS (CHOCOLATE, COCOA), SUBGROUP 25	Chocolate consumption was not specifically asked in two first municipalities (202 and 203).
V2116		DRINKS, SUGAR, OTHER	Consumption of all alcoholic beverages was

		FOODS, MAIN GROUP 9	systematically asked only in three last municipalities (1701, 1702, 1703). Beer consumption appears systematically from Uusikaupunki (municipality 501) onwards. Consumption of soft drinks, candy and chocolate was not specifically asked in two first municipalities (202 and 203).
V2191	V7468	NIACIN EQUIVALENT	Niacin equivalents = 1 mg niacin = 60 mg tryptophan
V2183		ALCOHOL	Consumption of all alcoholic beverages was systematically asked from Joensuu onwards, in three last municipalities (1701, 1702 and 1703). Beer consumption appears systematically from Uusikaupunki (municipality 501) onwards.
V2251	V7511	VITAMIN E, ALPHA- TOCOPHEROL EQUIVALENT	Total: Alpha-tocopherol + 0.3xAlpha-tocotrienol + 0.4xBeta-tocopherol + 0.05xBeta-tocotrienol + 0.1xGamma-tocopherol + 0.01xGamma-tocotrienol + 0.01xDelta-tocopherol <b>Currently:</b> Vitamin E = alpha-tocopherol.
V2261	V7521	VITAMIN A, RETINOLEQUIVALENT, RE	Total: All-trans-retinol + 0.75x13-cis-retinol + 0.23x11-cis-retinol + 0.40 x3,4-dehydroretinol + 0.167xBeta-carotene + 0.083xAlpha-carotene + 0.083xGamma-carotene + 0.083xBeta-cryptoxanthin <b>Currently:</b> Retinol equivalent RAE = 1 ug retinoli = 12 ug beta-carotene
V2277	V7537	RETINOIDS AS RETINOL EQUIVALENTS, RE	Total: All-trans-retinol + 0.75x13-cis-retinol + 0.23x11-cis-retinol + 0.40 x3,4-dehydroretinol +
V2278	V7538	BETA-CAROTENE EQUIVALENTS	Total: Beta-carotene + 0.5xAlpha-carotene + 0.5xGamma-carotene + 0.5xBeta-cryptoxanthin
V2279	V7539	ENERGY, KCAL	Calculated: 0.239xEnergy kJ
V2280		ENERGY, KJ	Calculated: 17xProtein + 38xTriglycerides + 17xCarbohydrates
	V7540	ENERGY, KJ	Calculated: 17xProtein + 38xTriglycerides + 17xCarbohydrates
V2283	V7543	CARBOHYDRATES AVAILABLE CARBOHYDRATE	Total: Free sugars + Starch

V2285	V7545	FREE SUGARS	Total: Fructose +Glucose + Sucrose + Maltose + Lactose
V2292	V7552	FIBRE	Total: Water-soluble fibre + Water-insoluble non- cellulose fibre + Cellulose + Lignin
V2371	V7645	TRIGLYSERIDES	Calculated: 1.046xTotal fatty acids, g