



Food	Card no.	Code	Early breakfast (times/week)	
Other food	Occurrence per		day/week/month/year	Portion (g)

Rye bread, dried, crispbread

Rye bread, soft

Yeast bread, bought, home baked

From which store

From which type of flour

White wheat bread "ranskanleipä"

Other bread, bought, home baked

From which store

From which type of flour

Pie/pasty

Sweet wheat bread (bun "pulla"), bought, home baked

From which store

Type

Other pastries

Flour and groats

Roasted barley/oatmeal flour "talkkuna"

Breakfast cereal

Rice, boiled

Macaroni

Gruel: Wheat

Barley

Oats

Rice

Other

Porridge:

in water: Barley

Oats

Rye

Other

in milk: Wheat

Barley

Rice

Other

sweet: Wheat

Barley

Oats

Rye

Rice

Other

Sauce:

Brown

White

Dessert

Oven pancake "pannukakku"

Small pancake "ohukainen"

Potato: Boiled

Mashed

Baked

Casserole

Salad

Other

Other vegetables:

Carrot: Grated, raw  
Boiled, as such  
Dish

Swede: Grated, raw  
Boiled, as such  
Dish

Beetroot: Boiled  
Dish

Cabbage: White cabbage  
Cauliflower  
Dish

Vegetable soups: Vegetable soup with milky stock "kesäkeitto"

Lettuce: As such  
Dressing

Spinach: Soup  
Stew

Parsley:

Cucumber:

Tomato:

Pepper:

Mixed salads:

Fruit:

Apple

Pear

Orange

Lemon

Grapes

Banana

Fruit juice:

Dried fruit:

Dish: Raisin

Plum

Apricot

Mixed fruit

Berries: Fresh

Fool "kiisseli"

Juice, drink

Dilution

Dairy products:

Milk as drink

Milk with porridge

Skimmed milk

Sour milk

Cream in coffee (%)

Cream in other foods (%)

Cream, bottled

Ice cream

Cheese

Butter

Margarine

Oil (name)

Sugar:

In coffee/tea

On porridge (puuron päällä)

In juice

Meat dishes:

Soup:

Meat

Potato

Pea soup

Roast

Steak

Meatballs

Minced meat sauce

Macaroni minced meat casserole

Boiled meat

Karelian type hot-pot "Karjalan paisti"

Pork sauce

Chop

Chicken

Canned meat

Cold cuts:

Beef, cured

Ham

Liver:

Steak

Casserole

Kidneys

Blood dishes

Sausages: bought from:

Frankfurter "nakki"

Sausage "suomi"

Sausage "tee"

Dry sausage, salami type

Other

Dish

Fish:

Salted

Smoked

Fried

Fish soup:

Potato

Fish

Other fish dishes

Eggs:

Other foods: