

FINNISH MOBILE CLINIC SURVEY

Re-examination

AU24 Dietary interview

Card no. Identification number Interviewer Interview date

Name District Family size Children (under 13 y) Date of birth

Special diet

When do you usually get up?Time

List the times when you eat or drink something starting from the morning

Do you eat outside of your home for more than 2 months/year? How many months a year?

at canteen at restaurant at private home at boarding house in hospital somewhere else

Do you use

- Iron preparations

- Vitamin supplements

- Mineral supplement

- Iodised salt

0= do not use

1= occasionally

2=regularly

What type of fat do you use for cooking?

What do you eat for early breakfast?

Food Card no. Code Occurrence per day/week/month/year Portion (g)

What do you eat for other meals?

Coffee

Tea

Sugar in coffee/tea

Cream in coffee/tea

Dairy products:

Milk, standard

Milk, low-fat

Milk, whole

Sour milk

Cream, %

Ice-cream

Cultured whole milk

Yoghurt

Cheese

Cereals:

Roasted barley/oatmeal flour "talkkunajauhot"

Breakfast cereal

Gruel:	Semolina	Rice	Oats	Barley	Other
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Porridge:

in water:	Oats	Rye	Barley	Other
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in milk:	Semolina	Rice	Barley	Other
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Butter/margarine on porridge

Milk with porridge

Sugar on porridge

Baked goods:

Rye bread, dried

Rye bread, soft

Yeast bread, dark

White wheat bread

Other bread

Butter on bread

Margarine on bread

Pie/pasty

Sweet wheat bread, bun "pulla"

Other pastry:

Cake

Biscuits

Cookies

Rusk

Eggs:

Boiled

Fried

Sauces:

Minced meat

Brown

White

Egg-

Meat dishes:

Meatballs

Minced meat steak

Meat loaf

Pork sauce

Chop

Karelian type hot-pot "Karjalanpaisti"

Meat soup: Meat Potato

Boiled meat

Steak

Roasts: Pork Beef Veal

Lamb

Game

Chicken

Canned meat

Liver: Steak Casserole

Kidneys

Blood dishes: Blood pudding Small pancake Jam

Sausages:

Sausage dishes

Soup: Sausage Potato

Sauce

Other

Sausage "lenkki"

Frankfurter "nakki"

Dry sausage salami type

Sausage "tee"

Sausage "lauantai"

Sausage "aamiaismakkara"

Liver sausage

Cold cuts:

Beef, cured

Ham

Fish:

Cured

Herring

Smoked

Fried

Boiled: Fish Potato

Other

Macaroni:

Boiled

-Casserole

-Minced meat casserole

Rice:

Boiled

Dish

Potato:

Boiled

Mashed

Fried

Casserole

Salad

Mushrooms:

Salad

Other vegetables:

Vegetable soup with milky stock "kesäkeitto"

Mixed vegetables

Cabbages:	Cauliflower	White cabbage, raw Stuffed cabbage roll	Cabbage soup - meat	Cabbage casserole
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Peas:	Soup	Fresh
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Carrot:	Raw	Cooked
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Swede:	Raw	Cooked
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Beetroot:	Cooked
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Lettuce:	As such	Dressing
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Spinach: Soup Stew

Cucumber

Tomato

Mixed salad

Desserts:

Oven pancake "pannakakku"

Small pancake "ohukainen"

Jam/sugar

Dessert sauce

Sweet porridges: Whipped semolina porridge with lingonberries

 Barley Oats Rye Rice Other

Milk with porridge

Sugar on porridge

Berries: Soups Fool "kiisseli" Fresh

Fruit dishes: Raisin Plum Apricot Mixed fruit, dried

Juice, drink

 Dilution Added sugar

Fruit: Apple Pear Orange Mandarin/clementine Grapes
 Banana Fresh juice Canned

Beer: Medium strength Strong

Wine

Fortified wine

Spirits

Soft drinks

Sweets