



FINRISKI²⁰¹²

DIETARY QUESTIONNAIRE

Gender Male Female

Questionnaire date: 2012
 day month

The purpose of this questionnaire is to obtain an accurate profile of your dietary habits. **When filling in the form, give answers that apply to the past 12-month period.** Before you begin filling in the form, read it through carefully one food group at a time.

Check the best alternative with an "X" or write the information required in the space given.

1. How many meals (lunch and/or dinner) do you have on an ordinary weekday?

Circle the most accurate alternative (only one).

- two meals a day
- 1–2 meals a day
- one meal a day
- one meal almost every day
- one meal twice a week or less frequently

2. Do you have a special diet? Circle one or more alternatives.

- lactose-free diet
- gluten-free diet (avoiding Finnish grain)
- diabetes diet
- low-cholesterol diet
- weight loss diet
- food allergy, please specify: _____

vegetarian diet

How old were you when you last ate meat, fish or chicken?

years old

- other diet _____
- I have no special diet

3. How often have you eaten the following foods over the past 12 months?

The purpose of this section is to find out how often you use the following foods, which are typical components of a Finnish diet. If your diet includes frequently eating less common foods which are not mentioned on the form, please enter them on the blank lines following each food group. In this case, please give both the name of the food and the manner of its preparation as accurately as possible. Foods not pre-entered on the form may include mixed salads, vegetarian foods and home-made spreads.

For each food, indicate how many times a month, a week or a day you have eaten that food during the past 12 months. If you regularly have a portion that is smaller or larger than the average portion given here for any food, you can compensate for this by estimating your frequency of use as slightly lower or higher.

Mark the alternative that is closest to your dietary habits with an **X**, as in the following example:

Dairy products	Portion	Average use over the past 12 months									
		Never / rarely	per month 1-3 times	per week			per day				
				once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times	
Semi-skimmed or 1% milk	glass								X		

Start filling in the form in the table below

Dairy products	Portion	Average use over the past 12 months									
		Never / rarely	per month 1-3 times	per week			per day				
				once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times	
Full milk	glass										
Semi-skimmed or 1% milk	glass										
Skimmed milk (0% fat)	glass										
Buttermilk	glass										
'Viili' [processed sour whole milk] or yoghurt (at least 2% fat)	pot										
Low-fat 'viili' [processed sour whole milk] or yoghurt (less than 2% fat)	pot										
Cheese, hard and fatty (e.g. Edam, Emmental, Oltermanni)	2 slices										
Cheese, hard and low-fat (e.g. Emmental 17, Edam 17, Polar 15 or Polar 5)	2 slices										
Processed or cream cheese	1 tablespoon										
Special cheese (e.g. blue or white cheese, feta)	50 g										
Cottage cheese	1 dl										
Bread cheese ('Finnish squeaky cheese')	50 g										
Other dairy products: _____	_____										
		Never / rarely	1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times	
			per month	per week			per day				

Grain products	Portion	Average use over the past 12 months								
		Never / rarely	per month	per week			per day			
			1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
Rye bread	1 slice									
Multigrain bread, graham roll or toast	1 slice / 1 pc									
French bread, baguette or other white wheat bread	1 slice / 1 pc									
'Rieska' [flatbread]	1 pc									
Hard rye bread or cracker	1 pc									
Porridge or gruel	plateful									
Breakfast cereal or Weetabix	plateful									
Muesli	3-4 tablespoons									
Bran or linseed	1 tablespoon									
Karelian pasty	1 pc									
Savoury pie or pasty	1 unit									
Bun or sweet cracker	1 pc									
Danish pastry or doughnut	1 pc									
Sweet pie	1 unit									
Cake, muffin, Swiss roll or pastry	1 unit									
Biscuits	2 pcs									
Other grain products: _____	_____									
Sandwich spreads	Portion									
Butter or Oivariini [butter+margarine]	1 teaspoon									
Margarine (e.g. Keiju 70, Flora 60, Becel 60 or Kultarypsi)	1 teaspoon									
Low-fat spread (e.g. Kevyt Levi, Kevyt Becel 35, Flora Kevyt 40)	1 teaspoon									
Benecol or Becel pro-activ spread	1 teaspoon									
Other fatty spreads: _____	_____									
		Never / rarely	1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
			per month	per week			per day			

Remember to mark an **X** on every line
and only one option on each row

Vegetables	Portion	Average use over the past 12 months								
		Never / rarely	per month	per week			per day			
			1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
Tomato	1 pc									
Cucumber	3 cm chunk									
Bell pepper	2 rings									
Green salad from planter salad or lettuce	1 portion									
Salad from Chinese cabbage, white cabbage or red cabbage	1 portion									
Oil-based or mayonnaise-based salad dressing	1 portion									
Sour cream based salad dressing	1 portion									
Low-fat salad dressing	1 portion									
Mayonnaise-based salad (e.g. potato salad, red beet salad or Italian salad)	1 portion									
Carrot or rutabaga (raw or cooked)	1 pc / 1 portion									
Zucchini	1 portion									
Cauliflower or broccoli	1 portion									
Mixed vegetables	1 portion									
Peas or beans	1 portion									
Soy bean or tofu product	1 portion									
Pickled vegetables	1 portion									
Cabbage foods	1 portion									
Vegetable soups	plateful									
Vegetarian patties, casseroles or pancakes	1 portion									
Mushroom foods	1 portion									
Other vegetables										
		Never / rarely	1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
			per month	per week			per day			

Remember to mark an **X** on every line
and only one option on each row

Potatoes, rice and pasta	Portion	Average use over the past 12 months								
		Never / rarely	per month	per week			per day			
			1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
Boiled or jacket potato	2 pcs									
Mashed potatoes or potato casserole	1 portion									
Fried potatoes or chips	1 portion									
Creamy potato casseroles	1 portion									
Boiled rice or risotto	1 portion									
Pasta, macaroni casserole or lasagne	1 portion									
Meat	Portion									
Ground meat foods	1 portion									
Meat chunks/strips in sauce	1 portion									
Beef steak or roast	1 portion									
Pork chop or cutlet	1 pc									
Bacon or pork ribs	2 slices									
Liver or blood-based foods	1 portion									
Lamb	1 portion									
Reindeer or game	1 portion									
Sausage foods	1 portion									
Pea soup	plateful									
Meat or sausage soup	plateful									
Pizza	1 portion									
Hamburger	1 pc									
Ketchup	2 tablespoons									
Mustard	2 tablespoons									
Processed meat slices	2 slices									
Whole meat slices	1 slice									
Liverwurst or liver paté	1 cm chunk									
Other meat-based foods: _____	_____									
		Never / rarely	1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
			per month	per week			per day			

Remember to mark an **X** on every line
and only one option on each row

Fish	Portion	Average use over the past 12 months								
		Never / rarely	per month	per week			per day			
			1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
Fish soup	plateful									
Frozen fish or fish fingers	1 portion									
Salmon or rainbow trout	1 portion									
Baltic herring	1 portion									
Pikeperch, whitefish, perch, vendace or pike	1 portion									
Smoked fish (e.g. whitefish, salmon or rainbow trout)	1 portion									
Spiced or salted fish	1 portion									
Tuna or other tinned fish	0.5 dl									
Kalakukko [rye bread fish pasty]	1 portion									
Shrimp or crayfish	1 dl									
Other fish-based foods: _____	_____									
Chicken, turkey and eggs	Portion									
Chicken or turkey	1 portion									
Boiled egg	1 pc									
Fried egg or omelette	1 portion									
		Never / rarely	1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
			per month	per week			per day			

Remember to mark an **X** on every line
and only one option on each row

Fruit and berries	Portion	Average use over the past 12 months								
		Never / rarely	per month	per week			per day			
			1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
Orange or grapefruit juice (100%)	1 glass									
Other fruit juice (100%)	1 glass									
Citrus fruit or kiwi	1 pc									
Apple or pear	1 pc									
Banana	1 pc									
Grapes or fresh plums	1 portion									
Fresh berries, not processed (summer)	1 portion									
Frozen berries, not processed (winter)	1 portion									
Other fruit: _____	_____									
Desserts	Portion									
Berry soup or fool	1 portion									
Berry or fruit quark	1 portion									
Milk-based fool or pudding	1 portion									
Pancakes (fried or baked)	1 portion									
Ice cream	1 portion									
Other desserts: _____	_____									
Sweets and snacks	Portion									
Chocolate	1 bar									
Licorice or 'salmiakki'	1 dl									
Other sweets	1 dl									
Dried fruit	1 portion									
Nuts and seeds	1 portion									
Potato crisps and popcorn	3 dl									
Other sweets or snacks: _____	_____									
		Never / rarely	1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
			per month	per week			per day			

Remember to mark an **X** on every line
and only one option on each row

Beverages	Portion	Average use over the past 12 months								
		Never / rarely	per month 1-3 times	per week			per day			
				once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
Filter coffee	1 cup									
Ground coffee (cafetière or pot)	1 cup									
Instant coffee, espresso or cappuccino	1 cup									
Tea (black, green, etc.)	1 cup									
Herbal tea (e.g. camomile)	1 cup									
Cream in coffee or tea	1 tablespoon									
Milk in coffee or tea	1 tablespoon									
Sugar or honey in coffee or tea	2 lumps / 1 teaspoon									
Hot chocolate or chocolate milk	1 cup									
Berry juice drink	glass									
Soft drinks with sugar	3 dl									
Energy drink (ED, RedBull, Battery, etc.)	bottle/can									
Soft drinks, sugar-free (light)	3 dl									
Mineral water	3 dl									
Water	glass									
Home-brewed ale or 'I beer'	glass									
Beer	bottle/can									
Cider	bottle/can									
Mixed drinks (e.g. long drink)	bottle/can									
Red wine	12 cl									
White wine	12 cl									
Fortified wine or liqueur	4 cl									
Spirits	4 cl									
Other beverages: _____	_____									
		Never / rarely	1-3 times	once	2-4 times	5-6 times	once	2-3 times	4-5 times	6+ times
			per month	per week			per day			

4. Have you used vitamin, mineral or other food supplements during the last 12 months? Enter an X for each product type.

Product type	Never used	Occasionally or intermittently	Daily or almost daily
Multivitamin and mineral supplement			
Vitamin B supplement (e.g. folate)			
Vitamin C supplement			
Vitamin D supplement			
Calcium supplement			
Magnesium supplement			
Fatty acid supplement			
Other supplement			