



## FinHealth 2017 -study Dietary Questionnaire

Gender                      Male      Female  
                                         

Questionnaire date      \_\_\_\_\_ 2017  
                                    day      month

With this questionnaire, we aim to collect detailed information about your usual diet.  
**When filling in the form, please consider the past 12 months.**

Answer each question by marking (X) the most suitable option or by writing your answer to the provided space.

**1. How many meals (lunch or dinner) do you have on an ordinary weekday?  
Please mark the most accurate option (only one).**

- two meals a day
- 1-2 meals a day
- one meal a day
- one meal almost every day
- less frequently

**2. Do you follow a special diet?  
Please mark at least one option.**

- lactose-free diet
- gluten-free diet
- diabetes diet
- low-cholesterol diet
- weight loss diet
- food allergy, please specify: \_\_\_\_\_
- vegan diet (only plant-derived foods, no meat, dairy products or eggs)  
I have followed a vegan diet since year \_\_\_\_\_
- vegetarian diet (plant-derived foods, dairy products, eggs)  
I have been a vegetarian since year \_\_\_\_\_
- other diet, please specify: \_\_\_\_\_
- I do not follow a special diet

### 3. Over the past 12 months, how often have you consumed the following foods or beverages?

For each food and beverage, please mark **one option** that best describes your consumption frequency. If your usual portion is smaller or larger than the average portion size (mentioned on each row), take this into consideration and compensate by selecting a slightly smaller/greater frequency of consumption. If a food or beverage you often consume is not mentioned on this form, please write it down in the blank space following each food group.

Please mark (X) the option for consumption frequency that best describes your diet as follows:

		Average consumption over the past 12 months									
	Portion	none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
Semi-skimmed or 1% milk (incl. HYL A, lactose free)	glass								X		
Boiled or jacket potato	2 pcs					X					

Please start answering in the table below

		Average consumption over the past 12 months									
Dairy products	Portion	none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
Full fat milk	glass										
Semi-skimmed or 1% milk (incl. HYL A, lactose free)	glass										
Fat free milk (incl. HYL A, lactose free)	glass										
Sour milk	glass										
Yoghurt, yoghurt drink or 'viili' [sour whole milk] (at least 2% fat)	pot/ 1 portion										
Low fat yoghurt or low fat 'viili' [sour whole milk] (less than 2% fat)	pot										
Quark	0.5 pot										
Cheese, hard (e.g. Edam, Emmental)	2 slices										
Cheese, hard and low fat (e.g. Edam 17, Polar 15)	2 slices										
Cheese spread or cream cheese	1 tbsp										
Special cheeses (e.g. blue or white cheese, feta)	30 g										
Cottage cheese	1 dl										
Bread cheese['leipäjausto']	50 g										
Other dairy products: _____	_____										
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day

Grain products	Portion	Average consumption over the past 12 months									
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
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										
Crispbread or rye crisp	1 pc										
Gluten free breads or bakery products	1 slice/ 1 pc										
Porridge or gruel	plateful										
Breakfast cereal or Weetabix	plateful										
Muesli	3-4 tbsp										
Bran	1 tbsp										
Karelian pasty	1 pc										
Savoury pie or pasty	1 portion										
Bun or sweet cracker	1 pc										
Danish pastry or doughnut	1 pc										
Sweet pie	1 portion										
Cake, muffin, swiss roll or pastry	1 portion										
Biscuits	2 pcs										
Other grain products: _____	_____										
Fat spreads	Portion										
Butter or Oivariini [butter+ margarine mixture]	1-2 tsp										
Margarine (e.g. Keiju 70, Flora Kulta, Becel 60)	1-2 tsp										
Low fat spread (e.g. Kevyt Levi 40, Kevyt Becel 38, Keiju Kevyt 30)	1-2 tsp										
Benecol, Becel ProActiv or Keiju Alentaja fat spread	1-2 tsp										
Other fat spreads: _____	_____										
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day

Please mark (X) only one option per row

Vegetables	Portion	Average consumption over the past 12 months									
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
Tomato	1 pc										
Cucumber	3 cm chunk										
Sweet pepper	2 rings										
Green salad from planter salad or lettuce	1 portion										
Salad from Chinese cabbage, white cabbage or red cabbage	1 portion										
Salad dressing (oil, oil based or mayonnaise based)	1-2 tbsp										
Sour cream based salad dressing	1 portion										
Light 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 dishes	1 portion										
Vegetable soups	plateful										
Vegetable patties, casseroles or vegetable pancakes	1 portion										
Mushrooms or mushroom dishes	1 portion										
Other vegetables: _____	_____										
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day

Please mark (X) only one option per row

		Average consumption over the past 12 months									
Potatoes, rice and pasta	Portion	none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
Boiled or jacket potato	2 pcs										
Mashed potatoes or mashed potato casserole	1 portion										
Fried potatoes or French fries	1 portion										
Creamy potato casseroles	1 portion										
Boiled rice or risotto	1 portion										
Pasta, macaroni casserole or lasagne	1 portion										
Meat	Portion										
Minced meat dishes	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 dishes	1 portion										
Lamb	1 portion										
Reindeer or game	1 portion										
Sausage dishes	1 portion										
Pea soup	plateful										
Meat and sausage soup	plateful										
Pizza	1 portion										
Hamburger	1 pc										
Ketchup	2 tbsp										
Mustard	2 tbsp										
Coldcut sliced sausages	2 slices										
Coldcut meats	1 slice										
Liverwurst or liver paté	1 cm chunk										
Other meat: _____	_____										
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day

Please mark (X) only one option per row

Fish	Portion	Average consumption over the past 12 months									
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
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										
Shrimp or other shellfish	1 dl										
Other fish: _____	_____										
<b>Chicken, turkey and eggs</b>	<b>Portion</b>										
Chicken or turkey dishes	1 portion										
Boiled egg	1 pc										
Fried egg or omelette	1 portion										
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day

Please mark (X) only one option per row

		Average consumption over the past 12 months									
Fruit and berries	Portion	none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
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										
Ananas	2 slices										
Fresh berries, unprocessed (during summer)	1 portion										
Frozen berries, unprocessed (during winter)	1 portion										
Other fruit: _____	_____										
Desserts	Portion										
Berry soup or fool	1 portion										
Quark dessert	1 portion										
Milk based fools or puddings	1 portion										
Pancakes (fried or baked)	1 portion										
Ice cream	1 portion										
Other desserts: _____	_____										
Sweets and snacks	Portion										
Chocolate	1 bar										
Licorice or salmiak	1 dl										
Other sweets	1 dl										
Xylitol products (e.g. chewing gum, drop)	2 pes, 1 small box										
Dried fruit	1 portion										
Nuts and seeds	1 portion										
Potato chips and popcorn	3 dl										
Other sweets or snacks: _____	_____										
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day

Please mark (X) only one option per row

Beverages	Portion	Average consumption over the past 12 months									
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day
Filter or instant coffee	1 cup										
Boiled coffee	1 cup										
Espresso, French press	1 cup										
Milk based coffee drink (e.g. Latte, Frezza)	1 cup /1 portion										
Tea (e.g. black, green)	1 cup										
Herbal tea (e.g. mint tea)	1 cup										
Cream in coffee or tea	1-2 tbsp										
Milk in coffee or tea	1-2 tbsp										
Sugar or honey in coffee or tea	2 lumps/ 1 tsp										
Hot chocolate	1 cup										
Berry juice drink	glass										
Soft drinks with sugar	3 dl										
Soft drinks, sugarfree (light)	3 dl										
Energy drink	bottle/can										
Tap water	glass										
Bottled water or mineral water	3 dl										
Beer with low alcoholic content ['kotikalja', 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: _____	_____										
		none	<1 times a month	1-3 times a month	once a week	2-4 times a week	5-6 times a week	once a day	2-3 times a day	4-5 times a day	6+ times a day

4. Over the past 12 months, have you used vitamin, mineral or other food supplements?  
For each product type, please mark (X) one option that best describes your frequency of use.

Product type	Never used	Occasionally or periodically	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			