

ATBC CANCER PREVENTION STUDY
NATIONAL PUBLIC HEALTH INSTITUTE, HELSINKI, FINLAND

The nurse will fill in this section
when you return the form

Nurse.....
Time taken for filling.....
Assisted by.....
Checking time.....
Other information.....

FOOD USE QUESTIONNAIRE

To be completed with the help of the picture booklet

Name.....
Study ID number.....
Tel. No. Home.....work.....
Date of filling.....

INSTRUCTIONS

The purpose behind this questionnaire and the colour picture booklet is to find out, as completely as possible, what you normally eat. As you fill in the form, please focus on your eating habits over the past 12 months. This enquiry will succeed if you write down carefully and frankly - what you eat, how much, and how often.

We realise that filling in this form is quite a long and tedious task. It may help to complete it over several evenings. You can also get other family members to help, but please remember - we want to know what YOU eat.

The name of the food item and its picture number are on the left of the form page. Next comes a computer code number - please ignore this. Write numbers in the coloured column zones for how many times a day, week or month you eat that food item. Put a number in only one column for each item. If you eat that food item less than once a month, or never, do not enter anything. If you eat a certain food only during the summer, for instance, mention this in the Remarks column.

The number in brackets after each food item refers to the picture of portion sizes for that food in the colour picture booklet. Choose the alternative (a, b or c etc) which is closest to the portion size you normally eat. Circle the same letter on this questionnaire form. The sizes of plates, cups, glasses etc are shown in Picture 1 of the booklet. If your normal portion size is quite different from the illustrated examples, or if you want to explain something in more detail, write it down under Remarks.

If you find some parts of the form very difficult to complete, please ask the nurse to help you when you return the form.

All information you give will be kept strictly confidential.

The next page is printed as an example of how to fill in the form.

(Page 2 of the form - the example page - is not translated)

(page 3)

THE FORM IS TO BE COMPLETED FROM HERE ONWARDS WITH THE AID OF THE PICTURE BOOKLET. EACH MAIN FOOD GROUP SECTION BEGINS WITH SOME GENERAL QUESTIONS. THESE WILL HELP YOU TO ANSWER THE MORE SPECIFIC QUESTIONS WHICH FOLLOW.

MILK AND SOURED MILK

Do you drink milk or soured milk? We want to know how many glasses and what type of milk or soured milk you drink each day. You will find glass sizes in picture 2 of the booklet. If you don't drink milk or soured milk every day, please estimate how many glasses you drink per week. If you don't drink milk or soured milk at all, don't write anything. Milk taken in porridge will be asked about later on in connection with porridge use.

I drink a total of.....glasses of milk or soured milk per day.

	Codes	Enter number here (in only 1 column per item) Glasses per day per week	Circle portion size	Remarks
-whole milk (direct from farm, Pic 2)	'		a b c	
-regular milk, 3.9% fat(Pic 2)	'		a b c	
-low fat milk, 1.9% fat (Pic 2)	'		a b c	
-skim milk (Pic 2)	'		a b c	
-acidophilus culture soured milk (Pic 2)	'		a b c	
-buttermilk; 0.8% fat soured milk (Pic 2)	'		a b c	

YOGHURT AND CULTURED MILKS

Do you eat cultured milk or yoghurt? How often and how much at a time? Mention under Remarks if you eat cultured milk only in summer, for example.

	Codes	Times per day week month	Circle size	Remarks
-fruit and berry yoghurts (Pic 3)	'		a b c d	
-plain yoghurt (Pic 3)	'		a b c d	
-cultured light milk, fat 2.5%, standard pack	'			
-cultured regular milk, standard pack	'			

COFFEE AND TEA

How many cups of coffee and/or tea do you usually drink per day (or per week)? Choose the cup size you generally use.

	Codes	Cups per day week	Circle cup size	Remarks
-coffee (Pic 4)	'		a b c d	
+ sugar used per cup of coffee	'		no.of lumps:	
+ whipping cream, fat 38%, used per cup (Pic 5)	'		a b c	
+ coffee cream, fat 19%, used per cup (Pic 5)	'		a b c	
+ light cream, fat 12%, used per cup (Pic 5)	'		a b c	
+ milk used per cup	'		a b c	
-tea (Pic 6)	'		a b c	
+ sugar used per cup	'		no.of lumps:	
+ honey used per cup	'		teaspoons:	
+ milk used per cup	'		tablespoons:	
-cocoa drink (Pic 6)	'		a b c	

BREAD

How many bread rolls or slices of bread do you normally eat each day? It is easier to estimate this if you think about your regular meal pattern, starting from the morning.

I eat.....rolls or slices of bread per day.

Mark below the type of bread you eat daily (or weekly) and what size the slices or rolls are.

	Codes	No. of slices (or rolls) per day week	Circle Portion Size	Remarks
-ryebread, flat, round (Pic 7)	,		a b c d	
-ryebread, regular loaf (Pic 8)	,		a b c	
-white bread, any type (Pic 9)	,		a b c	
-wholewheat and similar bread (Pics 10 and 11)	,		a b c	
-white rolls, buns (Pics 12 and 13)	,		a b c	
-wholemeal or similar rolls, buns (Pics 12 and 13)	,		a b c	
-other soft breads (describe the type and estimate slice size using Pics 10 and 11):				
.....			a b c	
.....			a b c	
-crispbread (Pic 14)	,		a b c	
-sour wafer crispbread (Pic 14)	,		a b c	
-water crackers	,		no.per portion:	

BUTTER AND MARGARINE

What type of fatty spread do you use on bread? Do you use the same kind of spread at work and at home? For each type of spread, mark how many slices you use it on and how much you put on each slice.

	Number of slices spread per day	Amount spread on each slice	Remarks
-butter (Pic 15)	,	a b c d	
-butter-oil blends (brand names, Pic 15)	,	a b c d	
-'Becel' (Pic 15)	,	a b c d	
-soft margarines (brand names, Pic 15)	,	a b c d	
-harder table margarines (brand names, Pic 15)	,	a b c d	
-hard, baking margarines (brand names, Pic 15)	,	a b c d	
-other margarine or spread (mention the brand):			
.....(Pic 15)		a b c d	
.....(Pic 15)		a b c d	

(start of page 5)

COLD CUTS

This section includes cheeses, sausages, cold meats and eggs. Do you eat any of these? Mark for each item how many times per day or week you eat it, and how much at a time.

CHEESES	Codes	Times			Circle portion size	Remarks
		day	week	month		
Processed Cheeses (Use Pics 16 and 17 to estimate portion size)						
-processed soft cheeses like (brand names)	'				a b c d e f	
-high-fat processed soft cheeses like (brand names)	'				a b c d e f	
-low-fat processed soft cheeses (brands)	'				a b c d e f	
Other Cheeses						
-edam (red rind, Pic 18)	'				a b c d	
-emmental (Pic 18)	'				a b c d	
-high fat cheeses (brand names, Pic 18)	'				a b c d	
-medium fat cheeses (brand names, Pic 18)	'				a b c d	
-low fat cheeses (brand names, Pic 18)	'				a b c d	
-other cheeses not mentioned above (Pic 18):					a b c d	
SAUSAGE MEATS						
-soft, processed meat sausage (Pic 19)	'				a b c d	
-soft, processed sausage with meat pieces (Pic 19)	'				a b c d	
-processed sausage containing liver (Pic 20)	'				a b c d	
-liver pate (Pic 20)	'				a b c d	
-metwurst and similar sausage (Pic 21)	'				a b c d	
-processed sausage type for cold snacks (Pic 22)	'				a b c d	
-other sausages; write the brand or type and use Pic 24 for portion sizes:					a b c d	
CURED AND SALTED COLD CUTS						
-smoked ham (Pic 23)	'				a b c d	
-cooked ham, cured beef (Pic 24)	'				a b c d	
-jellied veal (Pic 25)	'				a b c d	
-other processed meat cuts, write the brand or type, using Pic 24 to estimate portions:					a b c d	
EGGS						
-boiled egg	'				no.per time:	
-fried egg	'				no.per time:	

PORRIDGES AND GRUELS ETC

Do you eat porridge or gruel? (note: berry porridge will be asked about on page 18). Mark how many times a month you eat them, as well as the portion size. Do you regularly eat other grain products such as meusli or wheat bran?

GRUELS	Codes	Times per		Circle portion size	Remarks
		week	month		
-rice gruel (Pic 26)	,			a b c	
-semolina gruel (Pic 26)	,			a b c	
-oatmeal gruel (Pic 26)	,			a b c	
-other gruels (note the type, use Pic 26)	,			a b c	
PORRIDGES ETC					
-oat flake porridge (Pic 27)	,			a b c d	
-rye flake or grain porridge (Pic 27)	,			a b c d	
-rice porridge (Pic 27)	,			a b c d	
-semolina porridge (Pic 27)	,			a b c d	
-other porridges (Pic 27)	,			a b c d	
.....					
How often and how much of the following do you add to your porridge?:					
+ milk (Pic 28)	,			a b c	
+ butter or margerine (Pic 29)	,			a b c	
+ sugar	,			teaspoons:	
-breakfast cereals (Pic 30)	,			a b c	
-meusli (Pic 31)	,			a b c d	
-wheat bran (Pic 31)	,			a b c d	
-wheatgerm (Pic 31)	,			a b c d	

VEGETABLES

Does your consumption of vegetables differ between winter and summer? How often do you eat fresh vegetables, e.g. tomatoes, carrots, - as such, grated or in salads?

- () almost daily
 () about twice weekly
 () about twice monthly
 () less often

	Codes	week	month	Circle	Remarks
-tomato IN SUMMER (Pic 32)	,			a b c	
-tomato in winter	,			a b c	
-cucumber IN SUMMER (Pic 33)	,			a b c	
-cucumber in winter	,			a b c	
-lettuce salad IN SUMMER (Pic 34)	,			a b c	
-lettuce salad in winter	,			a b c	
-Chinese cabbage salad (Pic 34)	,			a b c	
-grated cabbage salad (Pic 34)	,			a b c	
-grated or sliced carrot (Pics 36 and 37)	,			a b c	
-grated or sliced rutabaga (Pics 36 and 37)	,			a b c	
-paprika (Pic 38)	,			a b c	
-other fresh vegetables, salads (describe the type, use Pics 36 and 37):					
.....				a b c	
.....				a b c	

	Codes	Times per week month	Circle portion size	Remarks
VINEGAR PICKLED VEGETABLES				
-pickled gherkins, cucumber (Pic 39)	,		a b c	
-pickled redbeet (beetroot) (Pic 40)	,		a b c	
-pickled pumpkin, similar pickle mixes (Pic 40)	,		a b c	
COOKED VEGETABLES (SIDE DISHES)				
-mixed vegetables (diced and deep frozen)(Pic 41)	,		a b c	
-carrot (Pic 42)	,		a b c	
-peas (Pic 43)	,		a b c	
-green beans (Pic 43)	,		a b c	
-cauliflower (Pic 44)	,		a b c	
-Rosolli salad (root veg, onion, apple,)(Pic 45)	,		a b c	
-potato salad, Italian salad, redbeet salad (Pic 45)	,		a b c	
-broccoli (Pic 46)	,		a b c	
-brussel sprouts (Pic 47)	,		a b c	
-other cooked vegetables and salads made from them (describe the type, use Pic 41)	,		a b c	
.....			a b c	
.....			a b c	

(end of page 9)

MAIN DISHES

Next we want to know what type of main dishes you normally eat, how often and in what portion sizes. This quite a demanding task. Please answer the following questions first. It is helpful to return to your answers here when considering how often you eat each dish.

How many warm meals do you usually eat on workdays (weekdays)? (Porridge and gruel are not counted here)

.....warm meals per day

How many warm meals do you usually eat on days off (weekends)?

.....warm meals per day.

So you eat a total ofwarm meals per month.

If you eat one warm meal per day, this comes to about 30 meals per month.

Two warm meals per day comes to about 60 meals per month.

Two warm meals per working day and one on days off comes to about 50 meals per month.

How many times a month do you eat the following as main dishes?

soupstimes
casserolestimes
meat dishestimes
sausage dishestimes
liver and blood dishestimes
chicken and game dishestimes
fishtimes
mushroom and vegetables dishestimes
other main dishes (eg pizza, omelette)times

Total of:main dishes per month

POTATO, RICE AND MACARONI

	Codes	Times per Month	Portion Size	Remarks
-potato with various main dishes (Pic 43)	'		a b c d e	
-fried potato (Pic 49)	'		a b c	
-mashed potato (Pic 50)	'		a b c	
-french fries (Pic 51)	'		a b c	
-boiled rice (Pic 52)	'		a b c	
-boiled macaroni (Pic 52)	'		a b c	
-spaghetti (Pic 54)	'		a b c	

SOUPS

Mark how many times a month you eat each soup and your usual portion size. Mention under remarks if you eat several portions at a time. If you eat some soups only in summer, for instance, mention this too.

-meat soup (Pic 55)	'		a b c	
-sausage soup (Pic 55)	'		a b c	
-pea soup (Pic 56)	'		a b c	
-cabbage soup (Pic 55)	'		a b c	
-fish soup (Pic 55)	'		a b c	
-vegetable soup in milky stock (Pic 55)	'		a b c	
-spinach soup (Pic 56)	'		a b c	
-spinach soup with boiled egg	'		a b c	
-mushroom soup (Pic 56)	'		a b c	
-other soups, eg dehydrated mixes (pics 55 and 56)	'		a b c	

CASSEROLES

How many times a month do you eat each casserole and what is your normal portion size?

-pork and potato casserole (Pic 57)	'		a b c	
-baltic herring casserole (Pic 57)	'		a b c	
-minced meat and macaroni casserole (Pic 58)	'		a b c d e	
-minced meat and mashed potato casserole (Pic 58)	'		a b c d e	
-cabbage cassserole (Pic 58)	'		a b c d e	
-liver and rice casserole (Pic 58)	'		a b c d e	
+ jam and mashed berries added to above	'		a b c	
-carrot casserole (Pic 58)	'		a b c d e	
-rutabaga (swede) casserole (Pic 58)	'		a b c d e	
-Janssons casserole (meat and veg)(Pic 58)	'		a b c d e	
-other casseroles (Pic 58)	'		a b c d e	

(end of page 11)

Sauces

If you usually eat a sauce with the dishes below, estimate here its normal portion size.

(Examples are simple brown sauce with minced beef steaks, or white sauce with fish).

-basic brown sauce (pic 59)	'	X	a b c	
-white sauce (milk sauce)(Pic 60)	'	X	a b c	

If you regularly use other sauces, mark the type and the dish you eat it with:

.....			a b c	
.....			a b c	

	Codes	Times per Month	Circle the Portion Size	Remarks
OTHER MEAT DISHES				
If you eat sauce with the dishes below, place an 'X' in the space provided, like so: (X).				
Minced Meat Dishes				
-minced meat sauce (Pic 61)	'		a b c	
-meatballs (Pic 62)	'		a b c	
+ sauce with meatballs.....()	'			
-meatloaf (Pic 63)	'		a b c	
+ sauce with meatloaf.....()	'			
-minced meat burgers	'		a b c	
+ sauce with burgers.....()	'			
-cabbage stuffed with minced meat	'		no.per serving:	
+ sauce with stuffed cabbage rolls.....()	'			
-risotto with minced meat and veg (Pic 58)	'		a b c d e	
Whole Meat Dishes				
-pork stew (Pic 65)	'		a b c	
-beef stew, stroganoff etc (Pic 65)	'		a b c	
-beef and pork hot-pot (Pic 65)	'		a b c	
-stew with meat, potato, veg (Pic 66)	'		a b c	
-schnitzels, beef or pork escalopes (Pic 67)	'		a b c	
+ sauce with schnitzels.....()	'			
-beefsteaks, fried or grilled (Pic 68)	'		a b c	
+ sauce with beefsteaks.....()	'			
-roast beef (Pic 69)	'		a b c	
+ sauce with roast beef.....()	'			
-pork chops (Pic 70)	'		a b c	
+ sauce with pork chops.....()	'			
-roast pork (ham, oven roasted etc)	'		a b c	
+ sauce with roast pork.....()	'			
-pork ribs, grilled (Pic 72)	'		a b c	
-other meat dishes, eg mutton (describe the type and mention the picture number used for portion size):				
.....			a b c	
Sausage Dishes				
-brown sausage stew (Pic 65)	'		a b c	
-processed sausage (boiled, fried, grilled, oven roasted)(Pic 73)	'		a b c	
+ sauce with processed sausage.....()	'			
-frankfurters (boiled, fried, grilled)(Pic 74)	'		a b c	
+ sauce with frankfurters.....()	'			
-hash without egg (Pic 75)	'		a b c	
+ egg with hash.....()	'			

(end of page 13)

Liver and Blood Dishes	Codes	Times per Month	Portion Size	Remarks
-liver stew, minced liver stew (Pic 61)	'		a b c	
-liver steaks, chicken liver steaks (Pic 76)	'		a b c	
+ sauce with liver steaks.....()				
-minced liver steaks (Pic 64)	'		a b c	
+ sauce with steaks.....()				
-kidney stew (Pic 65)	'		a b c	
-blood sausage (black sausage)(Pic 73)	'		a b c	
+ sauce with blood sausage.....()				
-blood pancakes (Pic 77)	'		a b c	
+ sauce with blood pancakes.....()				
-blood pudding (Pic 78)	'		a b c	
+ sauce with blood pudding.....()				
How much and how often do you use jam or mixed berries with blood dishes? (Pic 116)	'		a b c	
Other offal foods, eg kidney dishes (describe the type and give the number of the portion picture number used):				
.....			a b c	
Chicken and Game Dishes				
-broiler, chicken (boiled, grilled)(Pic 79)	'		a b c	
-chicken stew, in white sauce (Pic 80)	'		a b c	
-chicken and vegetable stew (Pic 66)	'		a b c	
-chicken and vegetable risotto (Pic 58)	'		a b c d e	
-game dishes (describe the type and give the portion picture number):	'		a b c	
.....			a b c	
+ sauce with game dish.....()				
FISH DISHES				
Do you normally eat fresh or frozen fish?				
How is it prepared? If your fish-eating habits are very seasonal, mention this under Remarks.				
Note that fish soup has already been asked about in the soup section.				
Frozen Fish (eg cod, sea perch)				
-fried frozen fish (Pic 81)	'		a b c	
+ sauce with above.....()				
-fish fingers (Pic 82)	'		a b c	
+ sauce with above.....()				
-baked frozen fish, in own sauce (Pic 83)	'		a b c	
-other frozen fish (describe the type and mention the portion size picture):				
.....			a b c	
Rainbow Trout				
-fried rainbow trout (Pic 81)	'		a b c	
-baked rainbow trout (Pic 84)	'		a b c	

	Codes	Times per Month	Portion Size	Remarks
Baltic Herring				
-baked baltic herring (eg in mustard or tomato sauce)(Pic 83)	,		a b c	
-fried baltic herring fillets (Pic 85)	,		a b c	
+ sauce with fillets.....()				
-fried whole baltic herring (Pic 86)	,		a b c	
+ sauce with whole herrings.....()				
-smoked or grilled baltic herring (Pic 86)	,		a b c	
	,			
(end of page 15)	,			
	,			
Other Fresh Fish				
-fried fresh fish (Pic 81)	,		a b c	
+ sauce with fried fresh fish.....()				
-boiled or baked fish	,		a b c	
-grilled, charcoal grilled or smoked fresh fish (Pics 83 or 84)	,		a b c	
+ sauce with above.....()				
Other Fish Products				
-salted herring, spiced (Pic 87)	,		a b c	
-baltic herring, spiced (Pic 87)	,		a b c	
-salted raw fish (Pic 88)	,		a b c	
-canned sardines (Pic 87)	,		a b c	
-canned tuna fish (Pic 87)	,		a b c	
-other canned fish (describe the type, using portion Pic 87):				
.....			a b c	
Other Fish Dishes				
Describe the type and mention the portion picture number:				
.....			a b c	
MUSHROOM DISHES				
Do you eat mushroom dishes? In which season?				
Note that mushroom soup has been asked about in the soup section.				
-fried mushrooms, IN FALL (Pic 89)	,		a b c	
-creamed mushrooms, IN FALL (Pic 60)	,		a b c	
-creamed mushrooms at other times (Pic 60)	,		a b c	
-mushroom salad (Pic 45)	,		a b c	
-other mushroom dishes (describe the type and mention the portion picture number):				
.....			a b c	
VEGETABLE DISHES				
Do you eat vegetable dishes such as vegetable burgers, pies and pancakes? What types and how much do you eat?				
Mention the picture number when estimating portion sizes; you may use Pic 77, for example:				
.....			a b c	
.....			a b c	

OTHER MAIN DISHES

	Copies	Times per Month	Portion Size	Remarks
-pizza (Pic 90)	.		a b c	
-stuffed pancakes (describe filling):	.			
.....	.		no.per serving:	
-main dish salads (eg tunafish salad)(Pic 45):	.		a b c	
.....	.		a b c	
-omelette, without filling (Pic 91)	.		a b c	
-filled omelette (describe filling)(Pic 91):	.			
.....	.		a b c	
.....	.		a b c	
-other main dishes not yet mentioned. (describe the type and mention Pic number used):	.			
.....	.		a b c	

(end of page 17)

FRUIT SOUPS, PANCAKES, ICE CREAM ETC

Do you usually eat berry soups, berry porridges, small pancakes, or ice cream, as snack or dessert? Estimate how often and how much. If you eat more than one pancake at a time, mention this under Remarks (eg 2 pieces).

Also record eg if you eat ice cream only in summer.

-mixed fruit soup or pudding (Pic 92)	.		a b c d	
-berry soup, pudding (eg blueberry soup)(Pic 92)	.		a b c d	
-other soups, puddings (mention type)(Pic 92):	.			
.....	.		a b c d	
.....	.		a b c d	
-whipped lingonberry and semolina pudding (Pic 93)	.		a b c d	
-other porridges, puddings from berries or fruits (describe the type)(Pic 93):	.			
.....	.		a b c d	
-berries or fruit with curd cheese (Pic 94)	.		a b c d	
-fruit salad (Pic 95)	.		a b c d	
-small pancakes (Pic 96)	.		a b c	
-oven-baked pancakes (Pic 97)	.		a b c	
-ice cream (Pic 98)	.		a b c d	
-other desserts (describe the type and mention the portion Pic number used, eg Pic 92):	.			
.....	.		a b c d	
How often and how much do you use jam or mashed berries with desserts? (Pic 116)	.			
.....	.		a b c	
How often do you add sugar to porridges, pancakes and other desserts, and how much?	.			
.....	.		teaspoons:	

FRUITS AND BERRIES

Do you eat berries and fruits in different ways at different seasons? If you usually eat several fruits at a time (eg 2 mandarins) mention it under remarks. First estimate how often you normally eat fruit.

- () almost daily
- () several times a week
- () once or twice a month
- () less often

FRUITS	Codes	Times per			Circle the Portion Size	Remarks
		day	week	month		
-apples, IN FALL	,				no.per portion:	
-apples, at other times	,				no.per portion:	
-citrus fruits, IN WINTER (oranges, mandarins, grapefruit)	,				no.per portion:	
-bananas	,				no.per portion:	
-pears, IN WINTER	,				no.per portion:	
-prunes, IN SUMMER AND FALL	,				no.per portion:	
-grapes (Pic 104)	,				a b c	
-other fruit, eg peach, kiwi etc (describe the type and amount):						

.....

Dried and Canned Fruits
 (not used in baking or desserts)

-prunes	,				no.per portion:	
-other dried and canned fruits (describe the type and amount):						

.....

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FRESH AND FROZEN BERRIES

Here we ask about your berry eating habits in the berry season, when they are fresh, and also how you eat them in winter when they are frozen.

-strawberries, IN SUMMER (Pic 105)	,				a b c d	
-strawberries in winter	,				a b c d	
-blueberries, IN SUMMER (Pic 106)	,				a b c	
-blueberries in winter	,				a b c	
-blackcurrants, IN SUMMER (Pic 106)	,				a b c	
-blackcurrants in winter	,				a b c	
-redcurrants, IN SUMMER (Pic 106)	,				a b c	
-redcurrants in winter	,				a b c	
-cloudberry, IN SUMMER (Pic 106)	,				a b c	
-cloudberry in winter	,				a b c	
-raspberry, IN SUMMER (Pic 106)	,				a b c	
-raspberry in winter	,				a b c	
-gooseberry, IN SUMMER (Pic 106)	,				a b c	
-lingonberry puree, apart from use mentioned earlier in connection with liver and blood dishes and desserts (Pic 106)	,					
.....	,				a b c	
-other berries (mention type, use Pic 106):	,					
.....	,				a b c	

SWEET BREADS AND PASTRIES

	Codes	Times per		Portion Size	Remarks
		day	week month		
How many buns, slices or pieces do you eat per day, week or month, and what is their usual size?					
-sweet wheat bread, coffee bread (Pic 107)	,			a b c d	
-sweet wheat buns, plain (Pic 108)	,			a b c d	
-sweet pastries with filling (Pic 109)	,			a b c d	
-doughnuts (Pic 110)	,			a b	
-berry pie (Pic 111)	,			a b c	
-plain cake (Pic 112)	,			a b c	
-sponge cake, cream filling (Pic 113)	,			a b c	
-swiss roll	,			slices per serving:	
-sweet biscuits and cookies	,			no.per serving:	
-other sweet pastries (describe the type and amount)					
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.....					

Savoury Pastries

-Carelian pasty, rice or potato filling (Pic 114)	,			a b c	
egg butter with Carelian pasty (Pic 115)	,			a b c	
butter or margerine with Carelian pasty (Pic 15)	,			a b c d	
- pasty with minced meat, or egg and rice filling	,			no.per serving:	
-deep fried meat pasty	,			no.per serving:	
-hamburger	,			no.per serving:	
-other grilled meat takeaway snacks (describe the type and amount):					
.....					
-other savoury pastries (describe the type and amount):					
.....					

CANDIES, SAVOURY SNACKS ETC

-jellies, soft pastilles	,			a b c	
-chocolate (Pic 117)	,			a b c	
-licorice (Pic 118)	,			a b c	
-hard, 'boiled' sweets	,			a b c	
-raisins (Pic 120)	,			a b c	
-peanuts (Pic 120)	,			a b c	
-salted peanuts (Pic 120)	,			a b c	
-other savoury snacks, eg potato crisps (describe type and amount):					
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.....					

DRINKS

NOTE: If the portion sizes are not suitable, (eg 2 x b), mention this under Remarks

	Codes	Times per			Portion size	Remarks
		day	week	month		
-berry juice (sweetened, still)(Pic 121)	'				a b c	
-fresh juice, unsweetened (Pic 122)	'				a b c	
-home made light beer (Pic 122)	'				a b c	
-mineral water (Pic 123)	'				a b c	
-soft, carbonated drinks eg Coca-Cola (Pic 123)	'				a b c	
-light beer (Pic 124)	'				a b	
-medium beer (Pic 124)	'				a b	
-strong beer (Pic 124)	'				a b	
-gin and grapefruit drink (0.3 l) (Pic 124)	'				a b	
-spirits and other distilled liquors (vodka, rum, bitters, brandy, whisky)(Pic 126)	'				a b c d	
-liqueurs (Pic 126)	'				a b c d	

OTHER FOODS NOT YET MENTIONED

Describe the type and amount. Mention the numbers of the pictures you use to estimate portion sizes:

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MANY THANKS FOR YOUR EFFORTS!

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