



Questions about the child's diet

Questionnaire for

Bamse identification number

Date when answering the FFQ

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f8dat

Who filled out the FFQ?

f8q_a

- 1 Mother
- 2 Father
- 3 The child
- 4 Other person, who? **f8q_b**
- 5 = mother + child
- 6 = father + child
- 7 = mother + father
- 8 = mother + father + child
- 9 = other person + child

Instructions

- Fill out the questionnaire together with your child.
- The questions cover what the child has eaten at home and in school and includes snacks.



Du underlättar för oss om du skriver tydligt och markerar kryssrutorna klart.

Dietary habits during the last 12 months

f8q1 What type of milk do your child usually drink or eat, and how much per day or per week?

(1 glass = 2 dl)

	Glass per day	Glass per week
1 <input type="checkbox"/> Milk ≤0.5% fat	a_1 <input style="width: 40px;" type="text"/>	b_1 <input style="width: 40px;" type="text"/>
2 <input type="checkbox"/> Milk 1.5% fat	a_2 <input style="width: 40px;" type="text"/>	b_2 <input style="width: 40px;" type="text"/>
3 <input type="checkbox"/> Milk 3% fat	a_3 <input style="width: 40px;" type="text"/>	b_3 <input style="width: 40px;" type="text"/>
4 <input type="checkbox"/> Sour milk or yogurt	a_4 <input style="width: 40px;" type="text"/>	b_4 <input style="width: 40px;" type="text"/>
5 <input type="checkbox"/> Low fat sour milk or yogurt	a_5 <input style="width: 40px;" type="text"/>	b_5 <input style="width: 40px;" type="text"/>
6 <input type="checkbox"/> Chocolate milk (oboy)	a_6 <input style="width: 40px;" type="text"/>	b_6 <input style="width: 40px;" type="text"/>
7 <input type="checkbox"/> Other? f8q1_7t	a_7 <input style="width: 40px;" type="text"/>	b_7 <input style="width: 40px;" type="text"/>
8 <input type="checkbox"/> Drink or eat milk, sour milk or yogurt less than once a week		
9 <input type="checkbox"/> Never drink or eat milk, sour milk or yogurt		

f8q2 What type of bread do your child usually eat, and how many slices per day or per week?

	Slices per day	Slices per week
1 <input type="checkbox"/> Crispbread	a_1 <input style="width: 40px;" type="text"/>	b_1 <input style="width: 40px;" type="text"/>
2 <input type="checkbox"/> White bread	a_2 <input style="width: 40px;" type="text"/>	b_2 <input style="width: 40px;" type="text"/>
3 <input type="checkbox"/> Wholemeal bread	a_3 <input style="width: 40px;" type="text"/>	b_3 <input style="width: 40px;" type="text"/>
4 <input type="checkbox"/> Bread with flaxseed	a_4 <input style="width: 40px;" type="text"/>	b_4 <input style="width: 40px;" type="text"/>
5 <input type="checkbox"/> "Limpa" (type of bread)	a_5 <input style="width: 40px;" type="text"/>	b_5 <input style="width: 40px;" type="text"/>

f8q3 How many slices of bread with butter or margarine does your child eat per day or per week?

slices per day

slices per week

f8q4 How much butter/margarine does your child usually spread on his/her bread?

- 1 Thick
- 2 Fairly thick
- 3 Thin
- 4 Very thin
- 5 None at all

f8q5 What types fat does your child usually use on sandwiches?

(More than one option possible)

- 1 Butter (80% fat)
- 2 "Bregott" (butter + rapeseed oli), 80% fat
- 3 Margarine, 60% fat
- 4 Margarine (e.g. Milda, Ädel, HushållsEve, 80% fat)
- 5 Light margarine (e.g. Lätta, Becel, Lätt&Lagom, 40% fat)
- 6 Light marargarine (e.g. Benecol, Leva, Becel pro.aktiv 40% fat)
- 7 Olive oil
- 8 Other
- 9 Do not know
- 10 Do not use any type of fat on bread

f8q6 What type of cheese does your child usually eat, and how much per week or per months?

- 1 Cheese (more than 24% fat)
- 2 Cheese (less than 17% fat)
- 3 Dessert cheese
- 4 Spread cheese
- 5 Cottage cheese
- 6 Do not eat cheese

	Slices/tbs per day	Slices/tbs per week	Slices/tbs per months
1	a_1	b_1	c_1
2	a_2	b_2	c_2
3	a_3	b_3	c_3
4	a_4	b_4	c_4
5	a_5	b_5	c_5
6			

f8q7 What type of fat does your family usually use for cooking?

(More than one option possible)

- 1 Butter
- 2 "Bregott" (butter + rapeseed oil), 80% fat
- 3 Margarine (e.g. Milda, Ädel, HushållsEve, 80% fat)
- 4 Margarine (e.g. Flora, Linnéa)
- 5 Liquid margarine
- 6 Cooking oil
- 7 Olive oil
- 8 Other
- 9 Do not know
- 10 Do not use fat for cooking

f8q8 How much sugar or honey does your child usually use for tea, porridge, sour milk etc. altogether per day or week.

table spoons per day

table spoons per week

- c**
- 1 Eat sugar or honey less than once a month
 - 2 Never eat sugar or honey

f8q9 Has your child taken any dietary supplements during the last 12 months?

- 1 Yes, regularly
- 2 Yes, sometimes
- 3 No

f8q10 If yes, which of supplements has your child taken?

1 Multivitamins with minerals

Hur många tabl i veckan?

Sedan vilket år?

2 Multivitamins without minerals

3 AD-vitamins

4 Vitamin A

5 Vitamin D

6 Vitamin C

7 Other, what? **f8q10_7t**

