



Country code	School number	Class number	Code number
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Food Frequency Questionnaire for Young Children

We would like you to describe the child's usual food habits over the last 12 months. Therefore it is important that this questionnaire is completed by the person who spends most of the time with the child (beyond the school time). This should include all main meals, snacks, and drinks consumed during this period. You should also include any foods and drinks your child consumed outside home, including at the nursery, at out of school clubs, at restaurants or cafes or with other family members.

1. Meal patterns

Please, mark with a ✓ the most appropriate choice which describes how often the child consumes the following meals:

Note: A drink alone (e.g. a cup of milk, a piece of fruit or one chocolate) cannot be considered as a meal.

How often does the child consume	(almost) never	1-3 times a month	1 day a week	2-4 days a week	5-6 days a week	Every day
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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- Mouratidou T, Miguel ML, Androutsos O et al. Tools, harmonization and standardization procedures of the impact and outcome evaluation indices obtained during a kindergarten-based, family involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev.* 2014 Aug;15 Suppl S3:53-60. doi: 10.1111/obr.12183

2. How to complete the questionnaire

Please take a few minutes to read the instructions carefully. The following table provides an example:

1. The **first column** presents the food groups most commonly consumed by children. Specific examples of food groups and in some cases food brands are provided.
2. The **second column** provides the options of the monthly/weekly frequency with which the child is consuming the respective food group. You need to fill in this column by marking the circle next to the most appropriate answer.
3. You need to fill in the **third column** by marking the circle next to the answer that better describes the average (usual) consumption of your child for each food group **per day of consumption**.
4. To estimate the amounts of foods please refer to the **fourth column** which provides a number of directive weights and measures. Options provided are in grams for solid and mls for liquid food. The **food photographs appendix** present you with characteristic food portion sizes (e.g. a typical orange or slice of cheese) or most usually used containers (e.g. various sizes of glasses). You can refer to these photos in order to be assisted in estimating/calculating your child's consumption.
5. For certain food groups you need to fill in **column five** which includes options on most frequently used types of the specified food item.

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Example

If the child consumes one bowl of cereals without added sugar every day, two beakers of chocolate milk 5-6 times a week, two pieces of fruit every day i.e., one medium banana and a small apple, but never or less than once a month eats 4 fried fish fingers, your answers should look like this:

1. Food groups	2. How often does the child consume the following foods?	3. and which is the AVERAGE AMOUNT PER DAY?	4. Example of portion size	5. Mark an X on the most common choice
Breakfast cereals (without added sugar) Porridge (Quaker), Shreddies, Rice Krispies, Weetabix	○ ₁ Never or less than once a month ○ ₂ 1-3 days a month ○ ₃ 1 day a week ○ ₄ 2-4 days a week ○ ₅ 5-6 days a week X₆ Every day	○ ₁ 15 g or less X₂ between 15 g to 45g ○ ₃ 45g or more	<i>1 bowl of cereals = 30– 40g</i> <i>1 individual box = 30– 40g</i> <i>1 tablespoon = 10g</i> <i>For examples of different portion sizes consult Appendix</i>	○ ₁ with added sugar x₂ without added sugar
Sugared or chocolate milk (e.g. MILKO)	○ ₁ Never or less than once a month ○ ₂ 1-3 days a month ○ ₃ 1 day a week ○ ₄ 2-4 days a week X₅ 5-6 days a week ○ ₆ Every day	○ ₁ 100 ml or less ○ ₂ between 100 to 200 ml ○ ₃ between 200 to 300 ml ○ ₄ between 300 to 400 ml X₅ between 400 to 500 ml ○ ₆ between 500 to 600 ml ○ ₇ between 600 to 700 ml ○ ₈ between 700 to 800 ml ○ ₉ between 800 to 900 ml ○ ₁₀ between 900 to 1000ml ○ ₁₁ 1000 ml or more	<i>1 carton = 200ml/ 500ml</i> <i>1 bottle = 330 ml/ 500ml</i> <i>1 glass = 250ml</i> <i>1 beaker = 225 ml</i> <i>For the size of glasses, cups and cartons consult the food photographs appendix</i>	
Fresh fruit	○ ₁ Never or less than once a month ○ ₂ 1-3 days a month ○ ₃ 1 day a week ○ ₄ 2-4 days a week ○ ₅ 5-6 days a week X₆ Every day	○ ₁ 30g or less ○ ₂ between 30 to 60g ○ ₃ between 60 to 90g ○ ₄ between 90 to 120g ○ ₅ between 120 to 150g ○ ₆ between 150 to 180g ○ ₇ between 180 to 210g X₈ between 210 to 240g ○ ₉ between 240 to 270g ○ ₁₀ 270g or more	<i>1 kiwi= 75 g</i> <i>1 orange = 140 g</i> <i>1 mandarin = 60 g</i> <i>1 small apple= 125 g</i> <i>Other fruit = 130 g</i> <i>1 medium banana = 90 g</i> <i>10 grapes = 20 g</i> <i>1 cup of melon/ watermelon = 150 g</i> <i>5 strawberries = 50 g</i> <i>For examples of different kinds of fresh fruit consult the food photographs appendix</i>	

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1. Food groups	2. How often does the child consume the following foods?	3. and which is the AVERAGE AMOUNT PER DAY?	4. Example of portion size	5. Mark an X on the most common choice
Fish and sea food (fresh or frozen fish, fish fingers, shellfish)	X₁ Never or less than once a month ○ ₂ 1-3 days a month ○ ₃ 1 day a week ○ ₄ 2-4 days a week ○ ₅ 5-6 days a week ○ ₆ Every day	○ ₁ 25g or less ○ ₂ between 25 to 50g ○ ₃ between 50 to 75g ○ ₄ between 75 to 90g ○ ₅ between 90 to 115g X₆ 115g or more	<i>1 herring = 80g</i> <i>4 tablespoon shrimps = 80g</i> <i>1 fillet of fresh cod = 200g</i> <i>1 fish finger = 30g</i> <i>For examples of different kinds and portion sizes of fish and seafood consult the food photographs appendix</i>	○ ₁ Grilled or barbequed or boiled X₂ Fried

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently used
Juice and other drinks				
Water (not in other drinks)	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 100 ml or less <input type="radio"/> between 100 and 200 ml <input type="radio"/> between 200 and 300 ml <input type="radio"/> between 300 and 400 ml <input type="radio"/> between 400 and 500 ml <input type="radio"/> between 500 and 600 ml <input type="radio"/> between 600 and 700 ml <input type="radio"/> between 700 and 800 ml <input type="radio"/> between 800 and 900 ml <input type="radio"/> between 900 and 1000 ml <input type="radio"/> 1000 ml or more	<i>1 beaker = 225 ml</i> <i>1 small plastic bottle= 500ml</i> <i>For glass and cup sizes please see Appendix.</i>	
Sugared beverages <i>(Coca Cola, Pepsi, Fanta, Sprite, Nestea)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 100 ml or less <input type="radio"/> between 100 and 200 ml <input type="radio"/> between 200 and 300 ml <input type="radio"/> between 300 and 400 ml <input type="radio"/> between 400 and 500 ml <input type="radio"/> between 500 and 600 ml <input type="radio"/> between 600 and 700 ml <input type="radio"/> between 700 and 800 ml <input type="radio"/> between 800 and 900 ml <input type="radio"/> between 900 and 1000 ml <input type="radio"/> 1000 ml or more	<i>1 beaker = 225 ml</i> <i>1 can= 330ml</i> <i>1 small plastic bottle= 500ml</i> <i>For glass and cup sizes please see Appendix.</i>	

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Light beverages <i>(Cola light, Coca cola zero, Pepsi max, Fanta zero)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 100 ml or less <input type="radio"/> between 100 and 200 ml <input type="radio"/> between 200 and 300 ml <input type="radio"/> between 300 and 400 ml <input type="radio"/> between 400 and 500 ml <input type="radio"/> between 500 and 600 ml <input type="radio"/> between 600 and 700 ml <input type="radio"/> between 700 and 800 ml <input type="radio"/> between 800 and 900 ml <input type="radio"/> between 900 and 1000 ml <input type="radio"/> 1000 ml or more	<i>1 beaker = 225 ml</i> <i>1 can= 330ml</i> <i>1 small plastic bottle= 500ml</i> <i>For glass and cup sizes please see Appendix.</i>	
Fruit juice, home-made, freshly squeezed	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 100 ml or less <input type="radio"/> between 100 and 200 ml <input type="radio"/> between 200 and 300 ml <input type="radio"/> between 300 and 400 ml <input type="radio"/> between 400 and 500 ml <input type="radio"/> between 500 and 600 ml <input type="radio"/> between 600 and 700 ml <input type="radio"/> between 700 and 800 ml <input type="radio"/> between 800 and 900 ml <input type="radio"/> between 900 and 1000 ml <input type="radio"/> 1000 ml or more	<i>1 beaker = 225 ml</i> <i>For glass and cup sizes please see Appendix.</i>	

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Fruit juice, pre-packed/ bottled <i>(Don Simon, Juver/Disfruta, own brands (marcas blancas))</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 100 ml or less <input type="radio"/> between 100 and 200 ml <input type="radio"/> between 200 and 300 ml <input type="radio"/> between 300 and 400 ml <input type="radio"/> between 400 and 500 ml <input type="radio"/> between 500 and 600 ml <input type="radio"/> between 600 and 700 ml <input type="radio"/> between 700 and 800 ml <input type="radio"/> between 800 and 900 ml <input type="radio"/> between 900 and 1000 ml <input type="radio"/> 1000 ml or more	<i>1 beaker = 225 ml</i> <i>1 small plastic bottle= 500ml</i> <i>1 carton= 1l</i> <i>For glass, cup and carton sizes please see Appendix.</i>	
Tea <i>(herbal tea, black tea, green tea, chamomile, etc)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 100 ml or less <input type="radio"/> between 100 and 200 ml <input type="radio"/> between 200 and 300 ml <input type="radio"/> between 300 and 400 ml <input type="radio"/> between 400 and 500 ml <input type="radio"/> between 500 and 600 ml <input type="radio"/> between 600 and 700 ml <input type="radio"/> between 700 and 800 ml <input type="radio"/> between 800 and 900 ml <input type="radio"/> between 900 and 1000 ml <input type="radio"/> 1000 ml or more	<i>1 beaker = 225 ml</i> <i>For glass and cup sizes please see Appendix.</i>	<input type="radio"/> with sugar <input type="radio"/> without sugar

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Smoothies (all kinds) (Solo Fruta (Hero), FruitSimply (Sunnydelight), Invo smoothie)	<ul style="list-style-type: none"> ○ never or less than once per month ○ 1-3 days per month ○ 1 day per week ○ 2-4 days per week ○ 5-6 days per week ○ every day 	<ul style="list-style-type: none"> ○ 100 ml or less ○ between 100 and 200 ml ○ between 200 and 300 ml ○ between 300 and 400 ml ○ between 400 and 500 ml ○ between 500 and 600 ml ○ between 600 and 700 ml ○ between 700 and 800 ml ○ between 800 and 900 ml ○ between 900 and 1000 ml ○ 1000 ml or more 	<i>1 beaker = 225 ml</i> <i>1 can= 330ml</i> <i>1 carton=1l</i> <i>1 small plastic bottle= 500ml</i> <i>For glass and cup sizes please see Appendix.</i>	
<i>Milk, yogurt and cheese</i>				
Plain milk	<ul style="list-style-type: none"> ○ never or less than once per month ○ 1-3 days per month ○ 1 day per week ○ 2-4 days per week ○ 5-6 days per week ○ every day 	<ul style="list-style-type: none"> ○ 100 ml or less ○ between 100 and 200 ml ○ between 200 and 300 ml ○ between 300 and 400 ml ○ between 400 and 500 ml ○ between 500 and 600 ml ○ between 600 and 700 ml ○ between 700 and 800 ml ○ between 800 and 900 ml ○ between 900 and 1000 ml ○ 1000 ml or more 	<i>1 beaker = 225 ml</i> <i>1 small plastic bottle= 500ml</i> <i>For glass, cup and carton sizes please see Appendix.</i>	<ul style="list-style-type: none"> ○ Full fat ○ Semi skimmed ○ Skimmed ○ Fortified/ enriched (e.g. with calcium,iron,vitamins)

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Sugared or chocolate milk <i>(Puleva, Central Lechera Asturiana, own brands)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 100 ml or less <input type="radio"/> between 100 and 200 ml <input type="radio"/> between 200 and 300 ml <input type="radio"/> between 300 and 400 ml <input type="radio"/> between 400 and 500 ml <input type="radio"/> between 500 and 600 ml <input type="radio"/> between 600 and 700 ml <input type="radio"/> between 700 and 800 ml <input type="radio"/> between 800 and 900 ml <input type="radio"/> between 900 and 1000 ml <input type="radio"/> 1000 ml or more	<i>1 beaker = 225 ml</i> <i>1 can = 200ml</i> <i>1 small plastic bottle = 300ml</i> <i>1 large plastic bottle = 500ml</i> <i>For glass, cup and carton sizes please see Appendix.</i>	
Plain yoghurt <i>(without sugar addition, with artificially sweetened yoghurt)</i> <i>(Danone, Danonino, Petit-suisse, own brands)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 65 g or less <input type="radio"/> between 65 and 195 g <input type="radio"/> 195 g or more	<i>1 cup = 125 mg</i> <i>1 petit-suisse = 50 g</i> <i>For cup, bowl and pot sizes please see Appendix</i>	<input type="radio"/> Strained <input type="radio"/> Full fat <input type="radio"/> Semi skimmed <input type="radio"/> Skimmed <input type="radio"/> Fortified/enriched (e.g. with calcium, iron, vitamins) <input type="radio"/> Children's yoghurt
Fruit, sugared or aromatised yoghurt <i>(fruit yoghurt, yoghurt where you yourself add the sugar, ...)</i> <i>(Danone, Danonino, Petit-suisse, own brands)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 65 g or less <input type="radio"/> between 65 and 195 g <input type="radio"/> 195 g or more	<i>1 cup = 125 mg</i> <i>1 petit-suisse = 50 g</i> <i>For cup, bowl and pot sizes please see Appendix</i>	<input type="radio"/> Full fat <input type="radio"/> Semi skimmed <input type="radio"/> Skimmed <input type="radio"/> Fortified/enriched (e.g. with calcium, iron, vitamins) <input type="radio"/> Children's yoghurt
Cheese <i>[Cheese spread/ melt cheese (fondue, melt cheese slices), Gouda, Emmental, Gruyère, Cottage cheese, feta cheese]</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 10 g or less <input type="radio"/> between 10 and 20 g <input type="radio"/> between 20 and 30 g <input type="radio"/> between 30 and 40 g <input type="radio"/> between 40 and 50 g <input type="radio"/> 50 g or more	<i>1 triangle = 20 g</i> <i>1 slice of cheese (10 by 10 cm) = 25 g</i> <i>1 tablespoon grated cheese = 10g</i>	

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
<i>Fruits and vegetables</i>				
Dried fruit	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 1 tablespoon <input type="radio"/> 1 - 3 tablespoons <input type="radio"/> 3 tablespoons	<i>1 tablespoon dried fruit (~20gr)</i> <i>-2 dried figs</i> <i>-40 raisins</i> <i>-2 dried prunes</i>	
Canned fruit	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 35 g or less <input type="radio"/> between 35 and 70 g <input type="radio"/> between 70 and 105 g <input type="radio"/> between 105 and 140 g <input type="radio"/> between 140 and 175 g <input type="radio"/> 175 g or more	<i>1 slice canned pine-apple=35 g</i> <i>10 canned black cherries= 90 g</i> <i>1 half apricot canned with syrup = 17 g</i>	
Fresh fruit	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 30 g or less <input type="radio"/> between 30 and 60 g <input type="radio"/> between 60 and 90 g <input type="radio"/> between 90 and 120 g <input type="radio"/> between 120 and 150 g <input type="radio"/> between 150 and 180 g <input type="radio"/> between 180 and 210 g <input type="radio"/> between 210 and 240 g <input type="radio"/> between 240 and 270 g <input type="radio"/> 270 g or more	<i>1 kiwi = 75 g</i> <i>1 orange = 140 g</i> <i>1 mandarin orange= 60 g</i> <i>1 small apple = 125 g</i> <i>other fruit = 130 g</i> <i>1 medium banana= 90gr</i> <i>10 grapes= 20g</i> <i>1 cup melon/watermelon= 150g</i> <i>5 strawberries= 50g</i> <i>For examples of different types of fresh fruit , please see Appendix</i>	

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Raw Vegetables	<ul style="list-style-type: none"> ○ never or less than once per month ○ 1-3 days per month ○ 1 day per week ○ 2-4 days per week ○ 5-6 days per week ○ every day 	<ul style="list-style-type: none"> ○ 30 g or less ○ between 30 and 60 g ○ between 60 and 90 g ○ between 90 and 120 g ○ between 120 and 150 g ○ between 150 and 180 g ○ between 180 and 210 g ○ between 210 and 240 g ○ between 240 and 270 g ○ 270 g or more 	<p><i>1 tablespoon carrots = 20 g</i> <i>1 tomato = 150 g</i> <i>1 tablespoon shredded lettuce or cabbage= 10g</i></p> <p><i>For examples of different types of raw vegetables, please see Appendix</i></p>	
Cooked Vegetables (steamed, boiled, grilled, stewed)	<ul style="list-style-type: none"> ○ never or less than once per month ○ 1-3 days per month ○ 1 day per week ○ 2-4 days per week ○ 5-6 days per week ○ every day 	<ul style="list-style-type: none"> ○ 30 g or less ○ between 30 and 60 g ○ between 60 and 90 g ○ between 90 and 120 g ○ between 120 and 150 g ○ between 150 and 180 g ○ between 180 and 210 g ○ between 210 and 240 g ○ between 240 and 270 g ○ 270 g or more 	<p><i>1 tablespoon prepared vegetables = 30 g</i></p> <p><i>For examples of different types of cooked vegetables, please see Appendix</i></p>	
Chocolate				
Chocolate (plain chocolate bar, chocolate bar with almonds, hazelnuts or other nuts, candy bars such as Mars, Twix, Bounty, Snickers, Milky Way, Huevo Kinder, Kinder Bueno etc)	<ul style="list-style-type: none"> ○ never or less than once per month ○ 1-3 days per month ○ 1 day per week ○ 2-4 days per week ○ 5-6 days per week ○ every day 	<ul style="list-style-type: none"> ○ 25 g or less ○ between 25 and 50 g ○ between 50 and 75 g ○ between 75 and 100 g ○ between 100 and 125 g ○ 125 g or more 	<p><i>1 large chocolate bar= 100g</i> <i>1 medium chocolate bar=50gr</i> <i>1 small chocolate bar=25-30gr</i> <i>1 slice/ small chocolate= 10g</i> <i>1candy bar (e.g. Mars, Twix)=60g</i> <i>1 kinder surprise egg= 22g</i></p> <p><i>For examples of different types of chocolate, please see Appendix</i></p>	

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Desserts				
Dairy-based desserts <i>(Chocolate mousse (e.g Danone), ice cream (e.g. Magnum Frigo)/ ice lolly, puddings, rice pudding, custard)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 50 g or less <input type="radio"/> between 50 and 100 g <input type="radio"/> between 100 and 150 g <input type="radio"/> between 150 and 200 g <input type="radio"/> 200 g or more	<i>1 ball of ice cream = 50 g</i> <i>For cup, bowl and pot sizes please see Appendix</i>	
Biscuits, cakes and pastries				
Cakes <i>(plain vanilla cake, fruit cake, jam cake, chocolate cake, etc)</i> <i>e.g. Kinder delice, Bollycao, Donut, Phoskitos/Tigretón)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 35 g or less <input type="radio"/> between 35 and 70 g <input type="radio"/> between 70 and 105 g <input type="radio"/> between 105 and 140 g <input type="radio"/> between 140 and 175 g <input type="radio"/> between 175 and 210 g <input type="radio"/> between 210 and 245 g <input type="radio"/> 245 g or more	<i>For examples of different types of cakes and cake sizes please see Appendix.</i>	
Biscuits <i>(butter biscuits, sandwich crème biscuits, whole grain biscuits, Digestive, shortbread, etc, e.g. galletas María, Chiquilín, Principe)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 15 g or less <input type="radio"/> between 15 g and 30 g <input type="radio"/> between 30 g and 45 g <input type="radio"/> between 45 g and 60 g <input type="radio"/> 60 g or more	<i>1 plain biscuit = 7 g</i> <i>1 chocolate biscuit (type Prince)= 20 g</i>	
Pastries <i>(croissants, fruit tarts and pies, waffles, pancakes, custard cream pies, etc, e.g. magdalenas, napolitanas, croissants)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 35 g or less <input type="radio"/> between 35 and 70 g <input type="radio"/> between 70 and 105 g <input type="radio"/> between 105 and 140 g <input type="radio"/> between 140 and 175 g <input type="radio"/> between 175 and 210 g <input type="radio"/> between 210 and 245 g <input type="radio"/> 245 g or more	<i>1 Belgian waffle= 50 g</i> <i>1 chocolate croissant= 95g</i> <i>1 piece of apple tart= 150g</i> <i>1 piece of custard cream pie= 200g</i>	

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Sugar-based desserts (jelly beans, gummy, lollipops, hard candies, lokum)	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 5 g or less <input type="radio"/> between 5 and 10 g <input type="radio"/> between 10 and 15 g <input type="radio"/> between 15 and 20 g <input type="radio"/> between 20 and 25 g <input type="radio"/> between 25 and 30 g <input type="radio"/> between 30 and 35 g <input type="radio"/> 35 g or more	<i>1 jelly bean=1g</i> <i>1 lollipop=6g</i> <i>1 hard candy=6g</i> <i>1 small lokum=15g</i>	
<i>Breakfast cereals</i>				
Unsweetened breakfast cereals <i>(Corn Flakes, Weetabix, Muesli Krispies)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 15 g or less <input type="radio"/> between 15 and 45 g <input type="radio"/> 45 g or more	<i>1 bowl cereals = 30 g</i> <i>1 individual box= 30 g</i> <i>1 tablespoon= 10g</i> <i>For examples of different portion sizes, please see Appendix</i>	<input type="radio"/> with added sugar <input type="radio"/> without added sugar
Sweetened breakfast cereals <i>(Frosties, Pops, Cruesli, ChocoKrispies)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 15 g or less <input type="radio"/> between 15 and 45 g <input type="radio"/> 45 g or more	<i>1 bowl cereals = 30 g</i> <i>1 individual box= 30 g</i> <i>1 tablespoon= 10g</i> <i>1 cereal bar=24g</i> <i>For examples of different portion sizes, please see Appendix</i>	
<i>Bread (including sandwiches and toast)</i>				
White bread and other bakery products <i>(Bread, rusk , crusted roll , french stick , Rice wafer, sandwich bread, toast)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 30 g or less <input type="radio"/> between 30 and 60 g <input type="radio"/> between 60 and 90 g <input type="radio"/> between 90 and 120 g <input type="radio"/> between 120 g and 150 g <input type="radio"/> 150 g or more	<i>1 big slice of bread= 30 g</i> <i>1 small slice of bread= 20-25 g</i> <i>1 rusk = 10 g</i> <i>1 crusted roll= 40 g</i> <i>For examples of different portion sizes, please see Appendix</i>	

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Brown or wholemeal bread and other bakery products (<i>Bread, rusk, crusted roll, french stick, Rice wafer, sandwich bread, toast</i>)	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 30 g or less <input type="radio"/> between 30 and 60 g <input type="radio"/> between 60 and 90 g <input type="radio"/> between 90 and 120 g <input type="radio"/> 120 g or more	<i>1 big slice of bread= 30 g</i> <i>1 small slice of bread= 20-25 g</i> <i>1 rusk = 10 g</i> <i>1 crusted roll= 40 g</i> <i>For examples of different portion sizes, please see Appendix</i>	
<i>Savoury snacks</i>				
Salty snacks (<i>Lays, Doritos, Ruffles, Pringles, Cheetos</i>)	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 25 g or less <input type="radio"/> between 25 and 75 g <input type="radio"/> 75 g or more	<i>1 small bag chips= 30 g</i> <i>1 Tuc biscuit = 3 g</i> <i>(1 package Tuc biscuits = 100 g)</i> <i>For examples of different types of salty snacks and portion sizes, please see Appendix</i>	
<i>Meat, poultry and fish products</i>				
Meat and poultry (<i>chops, steak, bovine, pork, poultry, burger, etc</i>)	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 25 g or less <input type="radio"/> between 25 and 50 g <input type="radio"/> between 50 and 75 g <input type="radio"/> between 75 and 90 g <input type="radio"/> between 90 and 115 g <input type="radio"/> 115 g or more	<i>1 chicken filet = 150 g</i> <i>1 chicken nugget = 25 g</i> <i>1 pork chop or 1 roast sausage (20 cm) or 1 large cutlet = 130 g</i> <i>1 steak = 175 g</i> <i>For examples of different types of meat and poultry and portion sizes, please see Appendix</i>	<input type="radio"/> Broiled, boiled, grilled <input type="radio"/> Fried
Fish and fish products (<i>Fresh or frozen fish, fish fingers, shellfish</i>)	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 25 g or less <input type="radio"/> between 25 and 50 g <input type="radio"/> between 50 and 75 g <input type="radio"/> between 75 and 90 g <input type="radio"/> between 90 and 115 g <input type="radio"/> 115 g or more	<i>1 young herring = 80 g</i> <i>4 tablespoons shrimps= 80 g</i> <i>1 fresh cod filet = 200 g</i> <i>1 fishstick = 30 g</i> <i>For examples of different types of fish and portion sizes, please see Appendix</i>	<input type="radio"/> Broiled, boiled, grilled <input type="radio"/> Fried

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Meat products <i>(ham, salami, pate, etc)</i> <i>(ONLY with cold meals and with bread)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 15 g or less <input type="radio"/> between 15 and 30 g <input type="radio"/> between 30 and 45 g <input type="radio"/> between 45 and 60 g <input type="radio"/> 60 g or more	<i>15g spread on 1 slice of bread</i> <i>1 slice= 20g</i>	
Potatoes, rice and pasta				
Pasta <i>(spaghetti, penne, lasagne, macaroni, etc)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 75 g cooked or less <input type="radio"/> between 75 and 225g cooked <input type="radio"/> 225 g cooked or more	<i>50 g non-boiled pasta gives 125 g= 1 cup cooked pasta</i> <i>1 tablespoon boiled pasta = 25 g</i> <i>For examples of different portion sizes, please see Appendix</i>	<input type="radio"/> White pasta <input type="radio"/> whole pasta Which of the following types of sauce and how many tablespoons does the child consume per 1 cup of pasta? <input type="radio"/> with tomato sauce <input type="radio"/> with meat sauce <input type="radio"/> with cream sauce <input type="radio"/> with grated cheese <input type="radio"/> none of teaspoons
Rice	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 75 g cooked or less <input type="radio"/> between 75 and 225g cooked <input type="radio"/> 225 g cooked or more	<i>40 g non-boiled rice gives 100g =1cup boiled rice</i> <i>1 tablespoon boiled rice =25g</i> <i>For examples of different portion sizes, please see Appendix</i>	<input type="radio"/> White rice <input type="radio"/> Brown rice

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Food groups	How often does your child consume the following products?	and what is the average amount per day?	Example portion sizes	Choose the one most frequently consumed
Deep- fried potato products <i>(French fries, croquettes, etc)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 50 g or less <input type="radio"/> between 50 and 150 g <input type="radio"/> 150 g or more	<i>2 sliced potatoes or 3-4 croquettes or 20 frites =100g</i>	
Potatoes <i>(boiled, steamed, baked, mashed, etc)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 50 g cooked or less <input type="radio"/> between 50 and 100g cooked <input type="radio"/> between 100 and 150g cooked <input type="radio"/> between 150 and 200g cooked <input type="radio"/> 200 g cooked or more	<i>1 cooked potato (size of an egg)= 50g</i> <i>1 tablespoon mashed potatoes = 50 g</i> <i>For examples of different portion sizes, please see Appendix</i>	
<i>Sugar, jam and other spreads</i>				
Chocolate spread/ other sweet spread <i>(Chocolate or praline spread, chocolate sprinkles, honey, jam/marmalade, maple syrup, etc, e.g. Nocilla, Nutella)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 10 g or less <input type="radio"/> between 10 and 20 g <input type="radio"/> between 20 and 30 g <input type="radio"/> between 30 and 40 g <input type="radio"/> between 40 and 50 g <input type="radio"/> 50 g or more	<i>1 teaspoon= 5g</i> <i>15 g for 1 large slice</i> <i>10 g for 1 small slice</i>	
<i>Legumes dishes</i>				
Legumes <i>(White/red beans, chickpeas, lentils)</i>	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day	<input type="radio"/> 30 g or less <input type="radio"/> between 30 and 60 g <input type="radio"/> between 60 and 120 g <input type="radio"/> between 120 and 150 g <input type="radio"/> between 150 and 180 g <input type="radio"/> 180 g or more	<i>1 tablespoon of cooked legumes = 30 g</i>	

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1a. How often does your child eat something in between meals (apart from breakfast, lunch, dinner)

- never or less than once per month
- 1-3 days per month
- 1 day per week
- 2-4 days per week
- 5-6 days per week
- every day

1b. Which of the following items does your child usually eat in between meals:

<input type="radio"/> ₁	Crisps and other similar salty snacks
<input type="radio"/> ₂	Breakfast cereals
<input type="radio"/> ₃	Cakes and sweet biscuits
<input type="radio"/> ₄	Fruit (fresh, dried or tinned)
<input type="radio"/> ₅	Vegetables (raw or cooked)
<input type="radio"/> ₆	Bread, toast and similar items e.g. crumpets, muffins
<input type="radio"/> ₇	Crispbread, crackers, breadsticks, rice cakes etc
<input type="radio"/> ₈	Sweets or chocolate
<input type="radio"/> ₉	Yoghurt, fromage frais etc
<input type="radio"/> ₁₀	Other dairy products like cheese
<input type="radio"/> ₁₁	Other (PLEASE SPECIFY)
<input type="radio"/> ₁₂	Does not eat between meals

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2a. How often does your child drink something in between meals (apart from breakfast, lunch, dinner)

- never or less than once per month
- 1-3 days per month
- 1 day per week
- 2-4 days per week
- 5-6 days per week
- every day

2b. Which of the following items does your child drink in between meals:

<input type="radio"/> ₁	Water (not in other drinks e.g. not in soup)
<input type="radio"/> ₂	Sugared beverages (soda drinks like cola, lemonade, ice tea, ...)
<input type="radio"/> ₃	Light beverages (<i>light soda drinks, light cola, ...</i>)
<input type="radio"/> ₄	Tea (herbal tea, black tea, green tea, chamomile, etc)
<input type="radio"/> ₅	Smoothies (e.g. COUNTRY- SPECIFIC EXAMPLES)
<input type="radio"/> ₆	Sugared or chocolate milk (e.g. COUNTRY- SPECIFIC EXAMPLES)
<input type="radio"/> ₇	Plain milk
<input type="radio"/> ₈	Fruit juice, home-made, freshly squeezed
<input type="radio"/> ₉	Fruit juice, pre-packed/ bottled
<input type="radio"/> ₁₀	Other (PLEASE SPECIFY)
<input type="radio"/> ₁₁	Does not drink between meals

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3. Lunch at school

Does your child eat lunch at school?

- yes no alternating

4. Supplements

Does your child take any vitamins, minerals or other food supplements?	<input type="radio"/> never or less than once per month <input type="radio"/> 1-3 days per month <input type="radio"/> 1 day per week <input type="radio"/> 2-4 days per week <input type="radio"/> 5-6 days per week <input type="radio"/> every day
--	--

If yes, please describe the supplements she or he takes

Brand	Name (in full) including strength	Number of pills, capsules, teaspoons	How often does your child consume the supplement?

5. Who completed this food frequency Questionnaire?

- Father / Stepfather/ Male partner
 Mother / Stepmother/ Female partner
 other, specify,

Date /...../....

Thank you very much for your willing cooperation!

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