



For me. For all.
Swiss health study

Pilot phase

Food Frequency Questionnaire

In collaboration with
The Federal Food Safety and
Veterinary Office FSVO

The English version of this
questionnaire was only developed for the
codebooks and was not available during
data collection.

1 Do you follow a particular diet?

- ☐ No
☐ Yes

If so, which one?

2 Which of the following foods do you totally exclude from your diet? Please specify below for how long in year(s) and month(s). Please select all that apply.

For example: for 2 years 3 months, for 0 year(s) 8 months etc. If it has been more than 9 years, please indicate "10 year(s) 0 months".

- | | | |
|--|--------------------------|---|
| eggs | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| meat (beef, pork, veal, etc.) | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| poultry (chicken, turkey, duck, etc.) | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| fruits | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| vegetables | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| fish | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| seafood (prawns, mussels, oysters, etc.) | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| cheese | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| milk | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| other dairy products | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| nuts | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| cereals | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| alcohol | <input type="checkbox"/> | excluded for _____ year(s) _____ months |
| none of the above | <input type="checkbox"/> | |

INSTRUCTIONS FOR COMPLETING THE QUESTIONNAIRE

With this questionnaire, we want to find out about your diet over the **last month (4 weeks)**.

For each type of food, we ask you to **compare your usual portion to the reference portion**, as shown in the example below.

Example

Last month, this person ate wholemeal bread for lunch and dinner, i.e. 2 times a day; she ate 2 slices of bread each time, i.e. more than the reference portion.

She ate rice 1 or 2 times a week, with a portion of around 150 grams, the same as the average reference portion.

FOODS	FREQUENCY							QUANTITY			
	Never in the past month	1 x per month	2 to 3 x per month	1 to 2 x per week	3 to 4 x per week	1 x per day	2 x or more per day	Reference portion	Your portion		
									less	same	more
Wholemeal bread, rye bread							X	50g = 1 slice			X
Rice				X				150g cooked = 60g uncooked		X	

3 With the following questions, we would like to know what you have eaten **over the last month (4 weeks)**.

Please note that this food frequency questionnaire is a generic assessment tool that should be applicable to the whole population, and therefore also includes products of animal origin.

FOODS	FREQUENCY							QUANTITY			
	Never in the past month	1 x per month	2 to 3 x per month	1 to 2 x per week	3 to 4 x per week	1 x per day	2 x or more per day	Reference portion	Your portion		
									less	same	more

Cheese and yoghurt made from animal milk

☐ I do not consume any of the following products

1	plain yoghurt							1 yoghurt = 180g			
2	light yoghurt, light flan, light cream							1 yoghurt = 180g			
3	fruit yoghurt, flavoured yoghurt, flan, cream dessert							1 yoghurt = 180g			
4	fresh cheese 0%, low-fat quark							120g			
5	fresh cheese 20%, ricotta, quark, cottage cheese							100g			
6	feta, mozzarella, semi-salted cream cheese, petit-suisse							40g = 1 petit-suisse			
7	Gruyère, tomme, camembert, blue cheese, parmesan							40g = size of a matchbox			
8	cheese fondue							20 bites = 3 to 4 slices of bread			
9	other cheeses (Emmental, raclette, etc.)							40g = size of a matchbox			

FOODS	FREQUENCY							QUANTITY			
	Never in the past month	1 x per month	2 to 3 x per month	1 to 2 x per week	3 to 4 x per week	1 x per day	2 x or more per day	Reference portion	Your portion		
									less	same	more

Bread, cereals

☐ I do not consume any of the following products

10	white bread, sandwich bread, farmhouse bread, milk bread, plaited bread							50g = 1 slice			
11	wholemeal bread, rye bread							50g = 1 slice			
12	müesli or other mixed cereals							50g = ½ cup of yoghurt			
13	birchermüesli with yoghurt							180g = 1 cup yoghurt			
14	corn-flakes, puffed wheat, puffed cereals							30g = 1 cup of yoghurt			
15	rusks, crackers, Swedish toast, wholemeal crackers (darvida, blevita, etc.)							18g = 3 pieces			

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									less	same	more

Meat

☐ I do not consume any of the following products

16	beefsteak, horse, veal (escalope, fillet)							150g			
17	skinless chicken							80g = 1 chicken breast			
18	chicken with skin							80g = 1 chicken breast			
19	minced steak, rib steak, roast (beef, pork, veal)							100g			
20	ham, stew, lamb chops, pork chops							50g = 2 thin slices of ham or 1 chop			
21	sausage, cured ham, bacon, salami							50g = 2 slices			
22	pâté, terrine							50g = ½ slice			
23	saveloy							1 piece			
24	sausage							1 piece			
25	veal, heifer or pork liver							130g = 1 slice			
26	poultry liver							50g = 1 piece			

Fish and seafood

☐ I do not consume any of the following products

27	fresh salmon, smoked salmon							100g = 1 steak = 2 slices			
28	fried fish, breaded fish, perch fillets							150g = 3 large sticks			
29	tuna in oil							40g = ½ tin			
30	lean fish such as cod, hake or trout							150g			
31	crustaceans (prawns, crab, lobster)							80g			
32	shellfish (mussels, oysters, scallops)							80g			

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									less	same	more

Vegetables and potatoes

☐ I do not consume any of the following products

33	green beans, spinach							180g = 1 cup yoghurt			
34	cauliflower, broccoli							180g = 1 cup yoghurt			
35	tomatoes							180g = 1 large or 2 small tomatoes			
36	carrots							100g = 1 cup yoghurt			
37	green salad							100g = 1 cup yoghurt			
38	vinaigrette							15g = 1 tablespoon			
39	peas, maize grains							75g = ½ cup yoghurt			
40	avocado							100g = ½ avocado			
41	onions							1 piece			
42	cucumbers, courgettes, aubergines							150g = 1 cup yoghurt			
43	peppers							½ piece			
44	mushrooms							150g = 1 cup yoghurt			
45	black and green olives							5 pieces			
46	clear vegetable soup (vegetable broth)							300ml = 1 bowl or 1 soup plate			
47	thick vegetable soup (with peas, beans, minestrone)							300ml = 1 bowl or 1 soup plate			
48	plain potatoes (boiled, baked, steamed, etc.)							150g = 1 large or 2 small potatoes			
49	chips, french fries							120g = 1 handful			
50	potato crisps							1 handful			

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									less	same	more

Autres

☐ I do not consume any of the following products

51	pasta							180g cooked = 70g uncooked			
52	ravioli, tortellini, cannelloni							150g cooked = approx. 10 ravioli			
53	rice							150g cooked = 60g uncooked			
54	tomato sauce							80g = 2 tablespoons			
55	fatty sauces, e.g. with dairy cream, coconut milk, etc.							½ dl = 3 tablespoons			
56	bolognese sauce							160g = 4 tablespoons			
57	wheat semolina, couscous, quinoa, buckwheat							80g cooked = 2 tbsp			
58	pulses (lentils, dried beans, chickpeas, etc.)							180g cooked = 60 g raw = 4 tbsp			
59	pizza							½ pizza from the pizzeria			
60	quiche Lorraine							100 g = 1 ramekin			
61	eggs							2			
62	tofu, soya beans, seitan, quorn							65g			
63	soya milk yoghurt							1 yoghurt = 100g			
64	other plant-based milk yoghurt (rice, oats, etc.)							1 yoghurt = 100g			

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									less	same	more

Do you add the following food products to your dishes or bread?

☐ I do not consume any of the following products

65	margarine							10g = 1 teaspoon			
66	butter							10g = bistro portion			
67	crème fraîche 35%							20g = 1 tbsp			
68	mayonnaise							10g = 1 teaspoon			

Fruits and oilseeds

☐ I do not consume any of the following products

69	apple, pear, plum, grape							150g = 1 fruit or 1 small bunch			
70	banana							150g = 1 fruit			
71	orange, tangerine, clementine							150g = size of an orange			
72	peach, nectarine, apricot, melon							150g = size of a peach			
73	strawberries, raspberries, blueberries, blackcurrants							120g = 1 small tub			
74	kiwi							80g = 1 fruit			
75	canned fruit, fruit compote							150g = size of yoghurt cup			
76	oleaginous nuts (almonds, walnuts, peanuts, hazelnuts, etc.) - except Brazil nuts							30g = 1 handful			
77	seeds (sunflower, chia, sesame, linseed, etc.)							30g = 1 handful			
78	Brazil nuts							30g = 1 handful			

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									less	same	more

Pastries, sweets

☐ I do not consume any of the following products

79	croissant, chocolate croissant							1 piece			
80	fruit tart							120g = 1 slice			
81	cream cake							90g = 1 cake			
82	cake, dry pastry							90g = 1 large slice			
83	biscuits, cookies							20g = 3 biscuits			
84	chocolate							15g = 3 squares			
85	chocolate and hazelnut spread							20g = 1 tablespoon			
86	jam, honey							20g = 1 tablespoon			
87	ice cream, sorbet							100g = 1 scoop			
88	artificial sweeteners and sugars (assugrin, aspartam)							1 tablet			
89	sugar							1 piece and ½			

For cooking

☐ I do not consume any of the following products

90	added salt							1 pinch			
91	butter							10g = bistro portion			
92	margarine							10g = 1 teaspoon			
93	olive oil							2 teaspoons			
94	groundnut oil							2 teaspoons			
95	sunflower oil							2 teaspoons			
96	other oils, e.g. rapeseed oil							2 teaspoons			

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									less	same	more

Extracts and tablets

☐ I do not consume any of the following products

97	bran							1 tbsp			
98	garlic tablets							1 tablet			

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									less	same	more

Drinks

☐ I do not consume any of the following products

99	coffee							1 cup			
100	skimmed milk (0%) in coffee							2 tbsp			
101	whole or semi- skimmed milk in coffee							2 tbsp			
102	coffee creamer							1 bistro portion			
103	skimmed milk (0%) to drink							2dl = 1 glass			
104	whole or semi- skimmed milk for drinking							2dl = 1 glass			
105	soya drink/milk							200ml = 1 glass			
106	cereal-based drink/milk (rice, oats, etc.)							200ml = 1 glass			
107	hot or cold chocolate, mixed milk drink, protein shake							2dl = 1 glass			
108	Aproz, Valser, San Pellegrino, Passuger							2dl = 1 glass			
109	Perrier, Vittel, Volvic							2dl = 1 glass			
110	tap water, Henniez, Evian							2dl = 1 glass			
111	lemonade, cola, soda, fruit syrup							2dl = 1 glass			
112	fresh fruit juice							2dl = 1 glass			
113	fruit juice in bottles or cartons							2dl = 1 glass			
114	tea, infusion							2dl = 1 glass			
115	beer							3dl = 1 can			
116	wine, champagne							1dl and ½ = 1 wine glass			
117	aperitifs such as anisetite and Martini							½ dl = ¼ glass			
118	strong alcohol such as whisky, brandy or liqueur							1dl = ½ glass			

FOODS	FREQUENCY							QUANTITY			
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									less	same	more

If any of the foods you ate last month were missing in the above questions, please list them below:

119												
120												
121												
122												
123												
124												
125												

Additional questions

- 4** Do you take dietary supplements containing the following vitamins and trace elements: (in simple form, mixtures of vitamins and minerals, herbal or seaweed-based supplements, etc.)
Only 1 answer per line.

	Yes, <u>every</u> <u>day</u>	Yes, <u>sometimes</u>	I take supplements, but they <u>don't contain any</u>	I take supplements, but I <u>don't know</u> if they contain any
<u>Selenium</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Vitamin B12</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Iron</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>Zinc</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

☐ I don't take any dietary supplements

Please specify which ones, indicating their Name / Brand / Galenic form (tablets, capsules, liquid form, ampoule solution, powder)

Example: SelenVital / Burgenstein / Tablets

Supplement 1 : _____

Supplement 2 : _____

Supplement 3 : _____

Supplement 4 : _____

Supplement 5 : _____

Supplement 6 : _____

Supplement 7 : _____

Supplement 8 : _____

5 Do you eat food mainly originating from Switzerland and Europe?

One answer only.

- ☐ I very often enquire about food products' origin and choose food products from Switzerland and Europe as often as possible
- ☐ I sometimes enquire about food products' origin and, if possible, eat food products from Switzerland and Europe
- ☐ I do not enquire about food products' origin
- ☐ I often eat food products from other continents

We value your opinion

6 If you have any further information for us, please use the space below to provide any suggestions, requests, comments or criticism.
