

## Translated Questionnaire Dietary Behavior

*Werkman A, Hammink A, Netherlands Nutrition Centre. Vragenlijst & Scoreberekening voor gezonde versus ongezonde voeding. 2008*

Translated from Dutch

1. How many times in the past four weeks have you eaten vegetables?

Never

Almost never

Less than once a week

1 or 2 times a week

3 or 4 times a week

5 or 6 times a week

Every day

2. How many times in the past four weeks have you eaten fruits?

Never

Almost never

Less than once a week

1 or 2 times a week

3 or 4 times a week

5 or 6 times a week

Every day

3. How many times in the past four weeks have you drunk/eaten milk and/or milk products?

Never => go to question 5

Almost never => go to question 5

Less than once a week

1 or 2 times a week

3 or 4 times a week

5 or 6 times a week

Every day

4. What kind of milk and/or milk products did you usually drink/eat?

Skimmed milk and/or milk products, like skimmed milk, skimmed yoghurt, buttermilk and/or skimmed custard

Low-fat milk and/or milk products, like low-fat milk, low-fat yoghurt and/or low-fat custard

Whole milk and/or milk products, like whole milk, whole yoghurt and/or whole custard

Varying low-fat and skimmed

Varying low-fat and whole

Varying skimmed, low-fat and whole

5. How many times in the past four weeks have you eaten bread?

Never => go to question 8  
Almost never => go to question 8  
Less than once a week  
1 or 2 times a week  
3 or 4 times a week  
5 or 6 times a week  
Every day

6. What kind of bread did you usually eat?  
Brown, whole wheat and/or rye bread  
White bread  
Varying

7. What kind of butter did you usually use on your bread?  
(low-fat) margarine  
Butter  
Varying  
I do not use butter on bread

8. How many times in the past four weeks have you used fat or (olive)oil when preparing a meal?  
Never => go to question 10  
Almost never => go to question 10  
Less than once a week  
1 or 2 times a week  
3 or 4 times a week  
5 or 6 times a week  
Every day

9. What kind of fat did you usually use?  
Margarine from a tub and/or squeeze-bottle, (olive)oil and/or liquid frying fat  
A packet of margarine and/or solid baking, frying or deep frying fat  
Butter

10. How many times in the past four weeks have you eaten meat, fish or chicken with your hot meal?  
Never => go to question 12  
Almost never => go to question 12  
Less than once a week  
1 or 2 times a week  
3 or 4 times a week  
5 or 6 times a week  
Every day

11. What kind of meat, fish or chicken did you usually eat with your hot meal?

Lean kinds (like steak tartare, pork tenderloin, (pork) steak, chicken breast, roast beef, ham, loin chop, tilapia, pike perch and the like)

Fatter kinds (like minced meat, hamburger, sausage, shoulder chop, bacon, mackerel, salmon and the like)

Varying

12. How many times in the past four weeks have you drunk regular soda, sports drinks and/or juices (not LIGHT soda)?

Never

Almost never

Less than once a week

1 or 2 times a week

3 or 4 times a week

5 or 6 times a week

Every day

13. How many times in the past four weeks have you consumed alcoholic beverages?

Never

Almost never

Less than once a week

1 or 2 times a week

3 or 4 times a week

5 or 6 times a week

Every day

14. How many times in the past four weeks have you eaten large biscuits, cake, candy bars, snacks, candy and/or crisps in between meals?

Never

Almost never

Less than once a week

1 or 2 times a week

3 or 4 times a week

5 or 6 times a week

Every day

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