

Study number:

Date:

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	Per day			Per week		Per month		Never
	≥3 times	2 times	1 time	2 times	1 time	2 times	1 time	< 1 time / month
Wholegrain pasta								
Berries								
Fresh fruit								
Peeled fresh fruit								
Canned fruit								
Dried fruit								
Nuts								
Almond								
Seeds; sunflower, flax, sesame								
Rolled oats								
Rolled oats with wheat bran								
Rolled rye flakes								
Barleycorn / pearl-barley								
Corn flakes								
Whole grain cereals, bran flakes								
Muesli (base)								
Muesli with fruit								
Wheat germ								
Wheat bran								
Oat bran								
Crispbread, rye								
Crispbread, oat								
Crispbread, wheat								
Soft bread, white								
Soft bread, sifted rye flour								
Soft bread, whole grains								
Soft bread with seeds, kernels								
Wheat bread (buns and cakes)								
Crusts, wheat								
Crusts, rye								
Crusts, graham								
Biscuits, whole grain								
Biscuits, wheat								

1. What type of milk do you use?

Milk 0.1% fat Milk 0.5 % fat Milk 1.5% fat Milk 3% fat Other / Don't know Do not use milk

2. Do you use lactose-reduced products (e.g. low-lactose milk or lactose-free milk / sour milk / cream)?

Yes No

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If yes, which?.....