|  |  |  |  |
| --- | --- | --- | --- |
| **1** | | **How would you describe your diet since you became pregnant? *(Mark only one box)*** | |
|  | |  | | 1-I eat both meat and fish 2-I avoid meat, but eat fish 3-I avoid fish, but eat meat I’m a vegetarian and include dairy products and eggs in my diet (ovo-lacto-vegetarian) I’m a vegetarian and include dairy products but not eggs in my diet (lacto-vegetarian) I’m a vegetarian and avoid all dairy products and eggs (vegan) | | BB15 | |
| **2** | | **Have you used organic food products since you became pregnant?** | |
|  | | Milk, dairy products, cheese | | 1-Seldom/never 2-Sometimes 3-Often 4-Usually | | BB16 | |
| Bread and cereals | | 1-Seldom/never 2-Sometimes 3-Often 4-Usually | | BB17 | |
| Eggs | | 1-Seldom/never 2-Sometimes 3-Often 4-Usually | | BB18 | |
| Vegetables | | 1-Seldom/never 2-Sometimes 3-Often 4-Usually | | BB19 | |
| Fruit | | 1-Seldom/never 2-Sometimes 3-Often 4-Usually | | BB20 | |
| Meat | | 1-Seldom/never 2-Sometimes 3-Often 4-Usually | | BB21 | |
| **3** | | **How often have you had the following meals per week since you became pregnant?** | |
|  | | Breakfast | | 1) 7 2) 6 3) 5 4) 4 5) 3 6) 2 7) 1 8) 0 | | BB22 | |
| Snack, a.m. | | BB23 | |
| Lunch | | BB24 | |
| Snack, before dinner | | BB25 | |
| Dinner | | BB26 | |
| Snack, in the afternoon | | BB27 | |
| Supper | | BB28 | |
| Night meal | | BB29 | |
| **4** | | **How many slices of bread/crispbread/crackers have you eaten on average per day since you became pregnant?** When answering this question we ask you to include bread eaten during the whole day, i.e. with all meals. Half a roll = 1 slice of bread, 1 baguette = 4 slices of bread, 1 ciabatta = 3 slices of bread. | |
|  | | White bread (baguettes, ciabatta etc.) | | 13+ per day 9-12 per day 8 per day 7 per day 6 per day 5 per day 4 per day 3 per day 2 per day 1 per day | | BB30 | |
| Wholemeal bread (Kneipp, Graham etc.) | | BB32 | |
| Dark bread (Danish rye bread etc.) | | BB34 | |
| Fiber bread, fiber crisp bread, ryecrisp | | BB36 | |
| Crisp bread, rusk etc. | | BB38 | |
| Crackers | | BB40 | |
|  | | White bread (baguettes, ciabatta etc.) | | OR 5-6 per week 3-4 per week 1-2 per week 0 per week | | BB31 | |
| Wholemeal bread (Kneipp, Graham etc.) | | BB33 | |
| Dark bread (Danish ryebread etc.) | | BB35 | |
| Fiber bread, fiber crispbread, ryecrisp | | BB37 | |
| Crispbread, rusk etc. | | BB39 | |
| Crackers | | BB41 | |
| **5** | | **Do you use butter/margarine with your sandwiches?** | |
|  | |  | | Yes No | | BB42 | |
| **6** | | **If you use butter/margarine, on how many sandwiches on average and what kind do you use?** | |
|  | | Butter/Bremyk | | 13+ per day 9-12 per day 8 per day 7 per day 6 per day 5 per day 4 per day 3 per day 2 per day 1 per day | | BB43 | |
| Hard margarine (Per, Melange) | | BB45 | |
| “Brelett” | | BB47 | |
| Soft margarine (soft, Vita, Olivero etc.) | | BB49 | |
| Light margarine (Soft light, Vita let etc.) | | BB51 | |
|  | | Butter/Bremyk | | OR 5-6 per week 3-4 per week 1-2 per week 0 per week | | BB44 | |
| Hard margarine (Per, Melange) | | BB46 | |
| “Brelett” | | BB48 | |
| Soft margarine (soft, Vita, Olivero etc.) | | BB50 | |
| Light margarine (Soft light, Vita let etc.) | | BB52 | |
| **7** | | **How much butter/margarine do you use with your sandwiches?** | |
|  | |  | | Plenty Medium Minimum | | BB53 | |
| **8** | | **How often do you have the following food items on yours sandwiches?** | |
| **C H E E S E** | | 1. Whey cheese goat milk, regular | | *per day* | | BB54 | | *per week* | | BB55 | | *per month* | | BB56 | |
| 2. Whey cheese low fat, spread goat milk | | 1) 6+ | | BB57 | | 1) 5-6 | | BB58 | | 1) 3 | | BB59 | |
| 2) 5 | | 2) 3-4 | | 2) 2 | |
| 3. Hard cheese, cream cheese | | BB60 | | BB61 | | BB62 | |
| 3) 4 | | 3) 1-2 | | 3) 1 | |
| 4. Hard cheese, cream cheese, low fat | | BB63 | | BB64 | | BB65 | |
| 4) 3 | |  | | 4) 0 | |
| 5. Blue cheese (Camembert, Norzola etc.) | | BB66 | | BB67 | | BB68 | |
| 5) 2 | |  | |  | |
| 6. Other kinds of cheese | | BB69 | | BB70 | | BB71 | |
| 6) 1 | |  | |  | |
| **F I S H** | | 7. Roe spread | | *per day* | | BB72 | | *per week* | | BB73 | | *per month* | | BB74 | |
| 8. Mackerel/sardine in tomato sauce | | 1) 6+ | | BB75 | | 1) 5-6 | | BB76 | | 1) 3 | | BB77 | |
| 2) 5 | | 2) 3-4 | | 2) 2 | |
| 9. Sardine in oil | | BB78 | | BB79 | | BB80 | |
| 3) 4 | | 3) 1-2 | | 3) 1 | |
| 10. Smoked salmon/trout/mackerel | | BB81 | | BB82 | | BB83 | |
| 4) 3 | |  | | 4) 0 | |
| 11. Herring, pickled | | BB84 | | BB85 | | BB86 | |
| 5) 2 | |  | |  | |
| 12. Shrimp, Northern | | BB87 | | BB88 | | BB89 | |
| 6) 1 | |  | |  | |
| 13. Crab | | BB90 | | BB91 | | BB92 | |
| 14. Tuna | |  | | BB93 | |  | | BB94 | |  | | BB95 | |
| 15. Svolværpostei (spread of fish liver/roe) | |  | | BB96 | |  | | BB97 | |  | | BB98 | |
| 16. Other kinds of fish | |  | | BB99 | |  | | BB100 | |  | | BB101 | |
| **M E A T** | | 17. Low fat cold cuts (ham, roast beef etc. ) | | *per day* | | BB102 | | *per week* | | BB103 | | *per month* | | BB104 | |
| 18. Medium fat cold cuts of lamb, calf etc. | | 1) 6+ | | BB105 | | 1) 5-6 | | BB106 | | 1) 3 | | BB107 | |
| 2) 5 | | 2) 3-4 | | 2) 2 | |
| 19. Salami, Swedish sausage etc. | | BB108 | | BB109 | | BB110 | |
| 3) 4 | | 3) 1-2 | | 3) 1 | |
| 20. Cold cuts of turkey, chicken | | BB111 | | BB112 | | BB113 | |
| 4) 3 | |  | | 4) 0 | |
| 21. Liver paste | | BB114 | | BB115 | | BB116 | |
| 5) 2 | |  | |  | |
| 22. Other kinds of meat | | BB117 | | BB118 | | BB119 | |
| 6) 1 | |  | |  | |
| **O T H E R S P R E A D S** | | 23. Spread with mayonnaise (Italian etc.) | | *per day* | | BB123 | | *per week* | | BB124 | | *per month* | | BB125 | |
| 24 Spread made with yogurt and mayo. | | 1) 6+ | | BB126 | | 1) 5-6 | | BB127 | | 1) 3 | | BB128 | |
| 2) 5 | | 2) 3-4 | | 2) 2 | |
| 25. Mayonnaise | | BB129 | | BB130 | | BB131 | |
| 3) 4 | | 3) 1-2 | | 3) 1 | |
| 26. Jam | | BB133 | | BB133 | | BB134 | |
| 4) 3 | |  | | 4) 0 | |
| 27. Honey | | BB135 | | BB136 | | BB137 | |
| 5) 2 | |  | |  | |
| 28. Peanut butter | | BB138 | | BB139 | | BB140 | |
| 6) 1 | |  | |  | |
| 29. Other nut spreads (Nugatti etc.) | | BB141 | | BB142 | | BB143 | |
| 30. Sweet spreads (Sjokade, Hapå etc.) | |  | | BB144 | |  | | BB145 | |  | | BB146 | |
| 31. Tartex and other vegetarian spreads | |  | | BB147 | |  | | BB148 | |  | | BB149 | |
| 32. Fruit (banana, apple etc.) | |  | | BB150 | |  | | BB151 | |  | | BB152 | |
| 33. Vegetable (tomato, cucumber etc.) | |  | | BB153 | |  | | BB154 | |  | | BB155 | |
| **9** | | **How many eggs have you eaten on average since you became pregnant?** | |
|  | | Eggs-fried, boiled, scrambled, omelet | | *per day* | | BB156 | | *per week* | | BB157 | | *per month* | | BB158 | |
|  | | 1) 2+ | |  | | 1) 5-6 | |  | | 1) 2-3 | |  | |
|  | | 2) 1 | |  | | 2) 3-4 | |  | | 2) 1 | |  | |
|  | |  | |  | | 3) 1-2 | |  | | 3) 0 | |  | |
| Number of seagull eggs eaten last year | |  | | 1) 0 | | BB159 | |
|  | | 2) 1-5 | |  | |
|  | | 3) 6-10 | |  | |
|  | | 4) more than 10 | |  | |
| **10** | | **How often do you have the following food items on yours sandwiches?** | |
|  | | 1. Unsweetened cereals (4-kom, All-Bran Flakes, etc.) | | *per day*1) 2+ 2) 1 | | BB160 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB161 | | *per month*1) 2-3 2) 1 3) 0 | | BB162 | |
| 2. Sweetened muesli with dried fruit, nuts, etc. | | BB163 | | BB164 | | BB165 | |
| 3. Porridge, cream of wheat, rice, etc. | | BB166 | | BB167 | | BB168 | |
| 4. Corn Flakes, Frosties etc. | | BB169 | | BB170 | | BB171 | |
| 5. Sugar with your cereals/porridge | | BB172 | | BB173 | | BB174 | |
| 6. Jam with your cereals/porridge | | BB175 | | BB176 | | BB177 | |
| **11** | | **How many cup/glasses have you been drinking on average of the following beverages since you became pregnant? Please include also milk/yogurt with your breakfast cereals.** | |
|  | | **Milk and yogurt** | |
| 1. Full-fat milk, fermented milk (1 glass) | | *per day*1) 8+ 2) 6-7 3) 4-5 4) 2-3 5) 1 | | BB178 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB179 | | *per month*1) 2-3 2) 1 3) 0 | | BB180 | |
| 2.Low-fat milk(1 glass) | | BB181 | | BB182 | | BB183 | |
| 3. Extra low-fat milk(1 glass) | | BB184 | | BB185 | | BB186 | |
| 4. Skimmed/fermented sk. milk | | BB187 | | BB188 | | BB189 | |
| 5. Cultura, all types(1 glass) | | BB190 | | BB191 | | BB192 | |
| 6. Biola milk, Biola yogurt(1 glass) | | BB193 | | BB194 | | BB195 | |
| 7. Yogurt, plain/with fruit(1 glass) | | BB196 | | BB197 | | BB198 | |
| 8. Low-fat yogurt(1 glass) | | BB199 | | BB200 | | BB201 | |
| 9. Go’morgen yogurt (1 serving) | | BB202 | | BB203 | | BB204 | |
| 10. Chocolate milk, Litago(1 glass) | | BB205 | | BB206 | | BB207 | |
| 11. Soya milk(1 glass) | | BB208 | | BB209 | | BB210 | |
| 12. Rice and oat milk(1 glass) | | BB211 | | BB212 | | BB213 | |
| **Juice/soft drink/water/alcohol** | |
| 13. Orange juice(1 glass) | | *per day*1) 8+ 2) 6-7 3) 4-5 4) 2-3 5) 1 | | BB214 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB215 | | *per month*1) 2-3 2) 1 3) 0 | | BB216 | |
| 14. Other fruit juice, nectar(1 glass) | | BB217 | | BB218 | | BB219 | |
| 15. Tomato- and vegetable juices(1 glass) | | BB220 | | BB221 | | BB222 | |
| 16. Fruit syrup, sweetened(1 glass) | | BB223 | | BB224 | | BB225 | |
| 17. Fruit syrup, light products(1 glass) | | BB226 | | BB227 | | BB228 | |
| 18. Coca Cola/Pepsi with sugar(1 glass) | | BB229 | | BB230 | | BB231 | |
| 19. Other soft drinks with sugar(1 glass) | | BB232 | | BB233 | | BB234 | |
| 20. Diet Coca Cola/Pepsi (1 glass) | | BB235 | | BB236 | | BB237 | |
| 21. Other light soft drinks(1 glass) | | BB238 | | BB239 | | BB240 | |
| 22. Energy drinks (Battery etc.) (1 glass) | | BB241 | | BB242 | | BB243 | |
| 23. Tap water(1 glass) | | BB244 | | BB245 | | BB246 | |
| 24. Uncarbonated water, bottled(1 glass) | | BB247 | | BB248 | | BB249 | |
| 25. Carbonated water(1 glass) | | BB250 | | BB251 | | BB252 | |
| 26. Non-alcoholic beer, small beer(1 glass) | | BB253 | | BB254 | | BB255 | |
| 27. Pilsner beer(1 glass) | | BB256 | | BB257 | | BB258 | |
| 28. Wine(1 glass) | | BB259 | | BB260 | | BB261 | |
| 29. Spirits, brandy, liqueur(1 drink) | | BB262 | | BB263 | | BB264 | |
| **Coffee/tea** | |
| 30. Filter coffee (1 cup) | | *per day*1) 8+ 2) 6-7 3) 4-5 4) 2-3 5) 1 | | BB265 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB266 | | *per month*1) 2-3 2) 1 3) 0 | | BB267 | |
| 31. Coffee instant(1 cup) | | BB268 | | BB269 | | BB270 | |
| 32. Coffee boiled/press (1 cup) | | BB271 | | BB272 | | BB273 | |
| 33. Café latte, cappuccino(1 cup) | | BB274 | | BB275 | | BB276 | |
| 34. Espresso(1 cup) | | BB277 | | BB278 | | BB279 | |
| 35. Decaffeinated coffee(1 cup) | | BB280 | | BB281 | | BB282 | |
| 36. Fig/barley coffee(1 cup) | | BB283 | | BB284 | | BB285 | |
| 37. Tea (ordinary, Lipton fruit tea etc.) (1 cup) | | BB286 | | BB287 | | BB288 | |
| 38. Green tea(1 cup) | | BB289 | | BB290 | | BB291 | |
| 39. Rosehip tea, herb tea(1 mug) | | BB292 | | BB293 | | BB294 | |
| **12** | | **In how many cups do you use milk/cream/sugar with your coffee/tea?** | |
|  | | 1. Milk/cream in coffee/tea | | *per day*1) 8+ 2) 6-7 3) 4-5 4) 2-3 5) 1 | | BB295 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB296 | | *per month*1) 2-3 2) 1 3) 0 | | BB297 | |
| 2. Sugar/honey in coffee/tea | | BB298 | | BB299 | | BB300 | |
| 3. Artificial sweetener in coffee/tea | | BB301 | | BB302 | | BB303 | |
| **13** | | **How often have you on average had the following for your hot meals since you became pregnant?** | |
|  | | **General questions** | |
|  | | 1. Meat and meat products | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB307 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB308 | |
| 2. Meat and meat products prepared as grilled | | BB309 | | BB310 | |
| 3. Offal | | BB311 | | BB312 | |
| 4. Chicken, turkey | | BB313 | | BB314 | |
| 5. Fish, fish products, boiled/cooked in oven | | BB315 | | BB316 | |
| 6. Fish, fish products, fried | | BB317 | | BB318 | |
| 7. Vegetarian dishes | | BB319 | | BB320 | |
|  | | *More detailed questions* | |
| **14** | | **How often have you on average had the following for your hot meals since you became pregnant?** | |
|  | | **Hot meal with meat products** | |
|  | | 1. Meat/pork sausage | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB321 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB322 | |
| 2. Hot dogs and/or frankfurters | | BB323 | | BB324 | |
| 3. Chicken and/or turkey sausage | | BB325 | | BB326 | |
| 4. Meat balls, meat loaf | | BB327 | | BB328 | |
| 5. Hamburger, meat patty | | BB329 | | BB330 | |
| 6. minced meat | | BB331 | | BB332 | |
|  | | **Beef/veal** | |
|  | | 7. Beef and/or veal roast | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB333 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB334 | |
| 8. Beef (fillet, tenderloin, sirloin, entrecote) | | BB335 | | BB336 | |
| 9. T-bone steak, beef and veal | | BB337 | | BB338 | |
| 10. Beef stew, beef soup | | BB339 | | BB340 | |
|  | | **Pork** | |
|  | | 11. Pork chop, pork roast, pork schnitzel | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB341 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB342 | |
| 12. Pork tenderloin, fillet | | BB343 | | BB344 | |
| 13. Pork loin smoked | | BB345 | | BB346 | |
| 14. Pork belly bacon, spareribs | | BB347 | | BB348 | |
| 15. Bacon | | BB349 | | BB350 | |
| 16. Pork stew | | BB351 | | BB352 | |
|  | | **Lamb** | |  | |  | |
|  | | 17. Lamb roast, lamb sirloin | | BB353 | | BB354 | |
| 18. Lamb stews (Fårikål etc.) | | BB355 | | BB356 | |
|  | | **Venison** | |
|  | | 19. Reindeer roast | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB357 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB358 | |
| 20. Roast of elk, roe deer, fallow deer | | BB359 | | BB360 | |
| 21. Reindeer patty/reindeer stew | | BB361 | | BB362 | |
| 22. Patty/stew of elk, roe/fallow deer | | BB363 | | BB364 | |
|  | | **Offal** | |  | |  | |
|  | | 23. Liver, kidney from beef, pork | | BB365 | | BB366 | |
| 24. Liver kidney from lamb | | BB367 | | BB368 | |
| 25. Liver, kidney from venison | | BB369 | | BB370 | |
| 26. Black pudding, lungemos (hashed lungs) | | BB371 | | BB372 | |
|  | | **Hot meal with poultry** | |
|  | | 27. Chicken fillet, turkey fillet | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB373 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB374 | |
| 28. Fried chicken | | BB375 | | BB376 | |
| 29. Pan fried/baked/boiled chicken, hen, turkey | | BB377 | | BB378 | |
| 30. Chicken schnitzel, nuggets | | BB379 | | BB380 | |
| 31. Game (grouse, pheasant etc.) | | BB381 | | BB382 | |
| 32. Other poultry (duck, goose, ostrich) | | BB383 | | BB384 | |
| **14** | | **How often have you on average had the following for your hot meals since you became pregnant?** | |
|  | | **Seafood** | |
|  | | 33. Cod, saithe, haddock, Pollack | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB385 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB386 | |
| 34. Mackerel, herring | | BB387 | | BB388 | |
| 35. Salmon, trout | | BB389 | | BB390 | |
| 36. Halibut, plaice, founder | | BB391 | | BB392 | |
| 37. Tuna fish | | BB393 | | BB394 | |
| 38. Perch, pike, pikecake | | BB395 | | BB396 | |
| 39. Other fishes | | BB397 | | BB398 | |
| 40. Fish cake, fish pudding, fish balls | | BB399 | | BB400 | |
| 41. Fish finger, breaded fish | | BB401 | | BB402 | |
| 42. Fish casserole, soup | | BB403 | | BB404 | |
| 43. Shrimps | | BB405 | | BB406 | |
| 44. Mussels | | BB407 | | BB408 | |
| 45. Crab | | BB409 | | BB410 | |
| 46. Roe | | BB411 | | BB412 | |
| 47. Fish liver | | BB413 | | BB414 | |
|  | | **Pasta** | |
|  | | 48. Pasta with meat (Spaghetti bolognaise, lasagna, etc.) | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB415 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB416 | |
| 49. Pasta with fish/mussels/shrimp | | BB417 | | BB418 | |
| 50. Pasta with vegetables | | BB419 | | BB420 | |
| 51. Pasta with only tomato sauce/ketchup | | BB421 | | BB422 | |
| 52. Cheese (parmesan, etc.) with pasta | | BB423 | | BB424 | |
|  | | **Other hot meals** | |
|  | | 53. Pizza | | *per week*1) 6+ 2) 5 3) 4 4) 3 5) 2 6) 1 | | BB425 | | *per month*1) 3 2) 2 3) 1 4) 0 | | BB426 | |
| 54. Taco, burritos etc. | | BB427 | | BB428 | |
| 55. Pancakes | | BB429 | | BB430 | |
| 56. Cream of rice etc. (not breakfast) | | BB431 | | BB432 | |
| 57. Soup, homemade and packaged | | BB433 | | BB434 | |
| 58. Only with vegetables | | BB435 | | BB436 | |
| 59. With beans and /or lentils | | BB437 | | BB438 | |
| 60. With soy products (sausage, burger) | | BB439 | | BB440 | |
| **15** | | **How often have you on average eaten the following food items since you became pregnant?** | |
|  | | **Milk and yogurt** | |
| 1. Potatoes (boiled, baked, mashed) | | *per day* | | BB441 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB442 | | *per month*1) 2-3 2) 1 3) 0 | | BB443 | |
| 2.French fries, fried potatoes | | BB444 | | BB445 | | BB446 | |
| 1) 1 | |
| 3. Creamed potatoes, potato casserole | | BB447 | | BB448 | | BB449 | |
| 4. Spaghetti, macaroni, noodles | |  | | BB450 | | BB451 | | BB452 | |
| 5. Rice | |  | | BB453 | | BB454 | | BB455 | |
| 6. Millet, couscous etc. | |  | | BB456 | | BB457 | | BB458 | |
|  | | **Gravy/trimmings** | |
| 7. Melted butter | | *per day* | | BB462 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB463 | | *per month*1) 2-3 2) 1 3) 0 | | BB464 | |
| 8. Melted margarine | | BB465 | | BB466 | | BB467 | |
| 1) 1 | |
| 9. Brown/white gravy | | BB468 | | BB469 | | BB470 | |
| 10. Béarnaise sauce etc. | |  | | BB471 | | BB472 | | BB473 | |
| 11. Mayonnaise, remoulade | |  | | BB474 | | BB475 | | BB476 | |
| 12. Sour cream | |  | | BB477 | | BB478 | | BB479 | |
| 13. Low-fat sour cream | |  | | BB480 | | BB481 | | BB482 | |
| 14. Ketchup | |  | | BB483 | | BB484 | | BB485 | |
| 15. Mustard | |  | | BB486 | | BB487 | | BB488 | |
| **16** | | **How often have you used the following types of fat in your cooking since you became pregnant?** | |
|  | | **Cooking fat** | |
| 1. Butter | | *per day* | | BB489 | | *per week* | | BB490 | | *per month* | | BB491 | |
| 2. Margarine soft (Bremyk, Smørgod) | | BB492 | | BB493 | | BB494 | |
| 1) 2+ | | 1) 5-6 | | 1) 2-3 | |
| 3. Margarine hard (Melange, Per) | | BB495 | | BB496 | | BB497 | |
| 2) 1 | | 2) 3-4 | | 2) 1 | |
| 4. Soft, Soya margarine | | BB498 | | BB499 | | BB500 | |
|  | | 3) 1-2 | | 3) 0 | |
| 5. Margarine with olive oil (Olivero) | | BB501 | | BB502 | | BB503 | |
| 6. Other types of margarine | |  | | BB504 | |  | | BB505 | |  | | BB506 | |
| 7. Soya oil | |  | | BB507 | |  | | BB508 | |  | | BB509 | |
| 8. Cooking oil | |  | | BB510 | |  | | BB511 | |  | | BB512 | |
| 9. Olive oil | |  | | BB513 | |  | | BB514 | |  | | BB515 | |
| 10. Corn oil | |  | | BB516 | |  | | BB517 | |  | | BB518 | |
| 11. Other types of oil | |  | | BB519 | |  | | BB520 | |  | | BB521 | |
| **17** | | **How often have you on average had the following vegetables since you became pregnant?** | |
|  | | **General questions** | |
| 1. Raw vegetables (Salads etc.) | | *per day* | | BB522 | | *per week* | | BB523 | | *per month* | | BB524 | |
| 2. Vegetables in casserole, soups, wok etc. | | 1) 2+ 2) 1 | | BB525 | | 1) 5-6 2) 3-4 | | BB526 | | 1) 2-3 2) 1 | | BB527 | |
| 3. Boiled vegetables with main dish | |  | | BB528 | | 3) 1-2 | | BB529 | | 3) 0 | | BB530 | |
| **18** | | **More detailed questions about vegetables** | |
|  | | **Vegetables** | |
| 1. Frozen vegetables | | *per day* | | BB531 | | *per week* | | BB532 | | *per month* | | BB533 | |
| 2. Cucumber | | 1) 2+ | | BB534 | | 1) 5-6 | | BB535 | | 1) 2-3 | | BB536 | |
| 2) 1 | | 2) 3-4 | | 2) 1 | |
| 3. Aubergine | | BB537 | | BB538 | | BB539 | |
|  | | 3) 1-2 | | 3) 0 | |
| 4. Avocado | | BB540 | | BB541 | | BB542 | |
| 5. Cauliflower, raw | |  | | BB543 | |  | | BB544 | |  | | BB545 | |
| 6. Cauliflower, boiled/in casseroles | |  | | BB546 | |  | | BB547 | |  | | BB548 | |
| 7. Broccoli, raw | |  | | BB549 | |  | | BB550 | |  | | BB551 | |
| 8. Broccoli, boiled /in casseroles | |  | | BB552 | |  | | BB553 | |  | | BB554 | |
| 9. Green beans, haricots verts | |  | | BB555 | |  | | BB556 | |  | | BB557 | |
| 10. Peas | |  | | BB558 | |  | | BB559 | |  | | BB560 | |
| 11. Carrots, raw | |  | | BB561 | |  | | BB562 | |  | | BB563 | |
| 12. Carrots, boiled/in casseroles | |  | | BB564 | |  | | BB565 | |  | | BB566 | |
| 13. Cabbage, raw | |  | | BB567 | |  | | BB568 | |  | | BB569 | |
| 14. Cabbage, boiled/in casseroles | |  | | BB570 | |  | | BB571 | |  | | BB572 | |
| 15. Garlic | |  | | BB573 | |  | | BB574 | |  | | BB575 | |
| 16. Swede, raw | |  | | BB576 | |  | | BB577 | |  | | BB578 | |
| 17. Swede, boiled /in casseroles | |  | | BB579 | |  | | BB580 | |  | | BB581 | |
| 18. Onion, leek, spring onion, raw | |  | | BB582 | |  | | BB583 | |  | | BB584 | |
| 19. Onion, leek, boiled /in casseroles | |  | | BB585 | |  | | BB586 | |  | | BB587 | |
| 20. Corn, corn-on-the cob | |  | | BB588 | |  | | BB589 | |  | | BB590 | |
| 21. Pepper, raw | |  | | BB591 | |  | | BB592 | |  | | BB593 | |
| 22. Pepper in casseroles | |  | | BB594 | |  | | BB595 | |  | | BB596 | |
| 23. Brussels sprouts, boiled /in casseroles | |  | | BB597 | |  | | BB598 | |  | | BB599 | |
| 24. Green salad mix in plastic bag | |  | | BB600 | |  | | BB601 | |  | | BB602 | |
| 25. Lettuce, Chinese cabbage | |  | | BB603 | |  | | BB604 | |  | | BB605 | |
| 26. Celery, celeriac | |  | | BB606 | |  | | BB607 | |  | | BB608 | |
| 27. Button mushroom, raw | |  | | BB609 | |  | | BB610 | |  | | BB611 | |
| 28. Button mushroom, fried/in casseroles | |  | | BB612 | |  | | BB613 | |  | | BB614 | |
| 29. Mushroom wild | |  | | BB615 | |  | | BB616 | |  | | BB617 | |
| 30. Spinach | |  | | BB618 | |  | | BB619 | |  | | BB620 | |
| 31. Squash (zucchini) | |  | | BB621 | |  | | BB622 | |  | | BB623 | |
| 32. Tomato | |  | | BB624 | |  | | BB625 | |  | | BB626 | |
| 33. Other vegetables | |  | | BB627 | |  | | BB628 | |  | | BB629 | |
| **19** | | **How often have you had dressing and other trimmings with your salad since you became pregnant?** | |
|  | | **Dressing/trimmings** | |
| 1. Dressing (Thousand-island etc.) | | *per day* | | BB630 | | *per week* | | BB631 | | *per month* | | BB632 | |
| 2. Light dressing, yogurt dressing | | 1) 2+ | | BB633 | | 1) 5-6 | | BB634 | | 1) 2-3 | | BB635 | |
| 2) 1 | | 2) 3-4 | | 2) 1 | |
| 3. Olives, black/green | | BB636 | | BB637 | | BB638 | |
|  | | 3) 1-2 | | 3) 0 | |
| 4. Feta cheese | | BB639 | | BB640 | | BB641 | |
| **Homemade dressing** | |  | |  | |  | |  | |  | |  | |
| 5. With oil | |  | | BB642 | |  | | BB643 | |  | | BB644 | |
| 6. Without oil | |  | | BB645 | |  | | BB646 | |  | | BB647 | |
| 7. With sour cream/yogurt | |  | | BB648 | |  | | BB649 | |  | | BB650 | |
| **Q** | |  | | **Response options** | | **Variable name** | |
| **20** | | **How would you characterize the usual proportion between vegetables and meat/fish in your casseroles?** | |
|  | | 1. Casseroles with meat/fish | | 1. Have not eaten More vegetables than meat Same amount meat and vegetables 4- More meat than vegetables | | BB651 | |
| 2. Casseroles with minced meat | | BB652 | |
| 3. Casseroles with offal | | BB653 | |
| **21** | | **How many fresh fruits have you eaten on average since you became pregnant?** | |
|  | | Fresh fruit | | *per day* | | BB657 | | *per week* | | BB658 | | *per month* | | BB659 | |
|  | | 1) 8+ | |  | | 1) 5-6 | |  | | 1) 2-3 | |  | |
|  | | 2) 6-7 | |  | | 2) 3-4 | |  | | 2) 1 | |  | |
|  | | 3) 4-5 | |  | | 3) 1-2 | |  | | 3) 0 | |  | |
|  | | 4) 2-3 | |  | |  | |  | |  | |  | |
|  | | 5) 1 | |  | |  | |  | |  | |  | |
| **22** | | **How often have you on average eaten the following fresh fruits since you became pregnant?** | |
|  | | **Fresh fruit** | |
| 1. Orange | | *per day* | | BB660 | | *per week* | | BB661 | | *per month* | | BB662 | |
| 2. Banana | | 1) 4+ | | BB663 | | 1) 5-6 | | BB664 | | 1) 2-3 | | BB665 | |
| 2) 3 | | 2) 3-4 | | 2) 1 | |
| 3. Grapes | | BB666 | | BB667 | | BB668 | |
| 3) 2 | | 3) 1-2 | | 3) 0 | |
| 4. Apple | | BB669 | | BB670 | | BB671 | |
| 4) 1 | |  | |  | |
| 5. Peach, nectarine | | BB672 | | BB673 | | BB674 | |
| 6. Grapefruit | |  | | BB675 | |  | | BB676 | |  | | BB677 | |
| 7. Strawberries | |  | | BB678 | |  | | BB679 | |  | | BB680 | |
| 8. Other berries (blueberries etc.) | |  | | BB681 | |  | | BB682 | |  | | BB683 | |
| 9. Mango | |  | | BB684 | |  | | BB685 | |  | | BB686 | |
| 10. Melon | |  | | BB687 | |  | | BB688 | |  | | BB689 | |
| 11. Papaya | |  | | BB690 | |  | | BB691 | |  | | BB692 | |
| 12. Plum | |  | | BB693 | |  | | BB694 | |  | | BB695 | |
| 13. Pear | |  | | BB696 | |  | | BB697 | |  | | BB698 | |
| 14. Other fruits | |  | | BB699 | |  | | BB700 | |  | | BB701 | |
| **23** | | **How often have you on average eaten the following dried fruits since you became pregnant?** | |
|  | | **Fresh fruit** | |
| 1. Apricots | | *per day* | | BB702 | | *per week* | | BB703 | | *per month* | | BB704 | |
| Raisins | | 1) 4+ | | BB705 | | 1) 5-6 | | BB706 | | 1) 2-3 | | BB707 | |
| 2) 3 | | 2) 3-4 | | 2) 1 | |
| Prune, fig, date | | BB708 | | BB709 | | BB710 | |
| 3) 2 | | 3) 1-2 | | 3) 0 | |
| Peanuts | | BB711 | | BB712 | | BB713 | |
| 4) 1 | |  | |  | |
| Almonds, hazelnuts cashew nuts etc. | | BB714 | | BB715 | | BB716 | |
| **24** | | **How often have you on average eaten the following sweets since you became pregnant?** | |
|  | | **Dessert/ice cream** | |
| 1. Pudding (chocolate, crème caramel etc.) | | *per day*1) 2+ 2) 1 | | BB717 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB718 | | *per month*1) 2-3 2) 1 3) 0 | | BB719 | |
| 2. Canned fruit, stewed fruit thickened with potato flour | | BB720 | | BB721 | | BB722 | |
| 3. Fruit salad made of fresh fruit | | BB723 | | BB724 | | BB725 | |
| 4. Ice cream | | BB726 | | BB727 | | BB728 | |
| 5. Ice cream made of yogurt, low fat ice cream | | BB729 | | BB730 | | BB731 | |
| 6. Water ice stick, sherbet | | BB732 | | BB733 | | BB734 | |
| 7. Vanilla sauce | | BB735 | | BB736 | | BB737 | |
| 8. Cream, whipped cream | | BB738 | | BB739 | | BB740 | |
| **25** | | **How often have you on average eaten cakes and buns since you became pregnant?** | |
|  | | **Cakes, buns** | |
| 1. Sweet bun | | *per day*1) 4+ 2) 3 3) 2 4) 1 | | BB741 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB742 | | *per month*1) 2-3 2) 1 3) 0 | | BB743 | |
| 2. Danish pastry | | BB744 | | BB745 | | BB746 | |
| 3. Doughnut, sponge cake | | BB747 | | BB748 | | BB749 | |
| 4. Waffle | | BB750 | | BB751 | | BB752 | |
| 5. Chocolate cake, cream layer cake etc. | | BB753 | | BB754 | | BB755 | |
| 6. Cookie | | BB756 | | BB757 | | BB758 | |
| **26** | | **How often have you on average eaten sweets and snacks since you became pregnant?** | |
|  | | **Sweets and snacks** | |
| 1. Plain chocolate | | *per day*1) 4+ 2) 3 3) 2 4) 1 | | BB759 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB760 | | *per month*1) 2-3 2) 1 3) 0 | | BB761 | |
| 2. Fancy and filled chocolate | | BB762 | | BB763 | | BB764 | |
| 3. Caramel, candies, liquorice | | BB765 | | BB766 | | BB767 | |
| 4. Jelly sweets, marshmallow | | BB768 | | BB769 | | BB770 | |
| 5. Pastille with sugar | | BB771 | | BB772 | | BB773 | |
| 6. Pastille sugar free | | BB774 | | BB775 | | BB776 | |
| 7. Marzipan | | BB777 | | BB778 | | BB779 | |
| 8. Potato chips | | BB780 | | BB781 | | BB782 | |
| 9. Popcorn | | BB783 | | BB784 | | BB785 | |
| 10. Salty snacks | | BB786 | | BB787 | | BB788 | |
| **27** | | **It will not be possible to include all kinds of food in a questionnaire. We therefore ask you to write down food items that you have eaten since you became pregnant and that you have not yet been asked about.** | |
|  | | **Other food items eaten** | |
| 1. | | BB789 | | *per day*1) 2+ 2) 1 | | BB790 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB791 | | *per month*1) 2-3 2) 1 3) 0 | | BB792 | |
| 2. | | BB793 | | BB794 | | BB795 | | BB796 | |
| 3. | | BB797 | | BB798 | | BB799 | | BB800 | |
| 4. | | BB801 | | BB802 | | BB803 | | BB804 | |
| **28** | | **Have you eaten any genetically modified food items, either abroad or in Norway, since you became pregnant?** | |
|  | |  | | 1. Yes No Don’t know | | BB805 | |
| **29** | | **It will not be possible to include all kinds of food in a questionnaire. We therefore ask you to write down food items that you have eaten since you became pregnant and that you have not yet been asked about.** | |
|  | | **Other food items eaten** | |
| 1. | | BB806 | | *per day*1) 6+ 2) 5 3) 4 4) 3 5) 2 6)1 | | BB807 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB808 | | *per month*1) 2-3 2) 1 3) 0 | | BB809 | |
| 2. | | BB810 | | BB811 | | BB812 | | BB813 | |
| 3. | | BB814 | | BB815 | | BB816 | | BB817 | |
| 4. | | BB818 | | BB819 | | BB820 | | BB821 | |
| **30** | | **How often have you eaten hot meals bought at kiosks, gas stations and fast food restaurants?** | |
|  | | **Food bought from** | |
| 1. Kiosks | | *per day*1) 4+ 2) 2-3 3) 1 | | BB825 | | *per week*1) 5-6 2) 3-4 3) 1-2 | | BB826 | | *per month*1) 2-3 2) 1 3) 0 | | BB827 | |
| 2. Gas stations | | BB828 | | BB829 | | BB830 | |
| 3. Fast food restaurants (McDonald’s etc.) | | BB831 | | BB832 | | BB833 | |
| **31** | | **Please mark if you have eaten more, less or the same amount of the following food items compared to before you became pregnant?** | |
|  | | Milk, dairy products and cheese | | 1. Yes No Don’t know | | BB834 | |
| Bread and cereals | | BB835 | |
| Biscuits | | BB836 | |
| Fat | | BB837 | |
| Meat | | BB838 | |
| Fish | | BB839 | |
| Eggs | | BB840 | |
| Vegetables | | BB841 | |
| Fruit | | BB842 | |
| Chocolate | | BB843 | |
| Other sweets | | BB844 | |
| Coffee | | BB845 | |
| Tea | | BB846 | |
| Juice | | BB847 | |
| Soft drinks with sugar | | BB848 | |
| Soft drinks sugar free | | BB849 | |
| Alcohol | | BB850 | |
| **32** | | **Have you experienced nausea during this pregnancy?** | |
|  | |  | | 1. Yes No | | BB851 | |
| **33** | | **If yes, has this caused you to eat more or less than before?** | |
|  | |  | | 1. More Less | | BB852 | |
| **34** | | **In which week (s) have you been most bothered with nausea?** | |
|  | | From pregnancy week | |  | | BB853 | |
| To pregnancy week | | BB854 | |
| Still nauseated | | BB855 | |
| **35** | | **Have you been throwing up (vomiting) during this pregnancy?** | |
|  | |  | | 1. Yes No | | BB856 | |
| **36** | | **In which week (s) have you been throwing up (vomiting)?** | |
|  | | From pregnancy week | |  | | BB857 | |
| To pregnancy week | | BB858 | |
| Still throwing up | | BB859 | |
| **37** | | **Have you started to eat or drink certain food items during this pregnancy?** | |
|  | |  | | 1. Yes No | | BB860 | |
| **38** | | **If yes, name the two most important food items you have started to eat/drink.** | |
|  | | 1. | |  | | BB861(txt) | |
| 2. | | BB862 (txt) | |
| **39** | | **Do you use, or have you used supplements during this pregnancy?** | |  | |
|  | |  | |  | | 1. Yes No | | BB863 | |
| **40** | | **Do you use, or have you used supplements during this pregnancy?** | |  | |
|  | | **Liquid supplements** | |  | | Times per week 1) 7 2) 6 3) 5 4) 4 5) 3 6) 2 7) 1 8) ˂0 9) 0 | | 1. Amount 1ts 1bs 1ss | |
| 1. Cod liver oil | |  | | BB864 | | BB865 | |
| 2. Omega-3 cod liver oil | | BB866 | | BB867 | |
| 3. Sanasol | | BB868 | | BB869 | |
| 4. Biovit | | BB870 | | BB871 | |
| 5. Liquid iron mixture (Floradix etc.) | | BB872 | | BB873 | |
| Other liquid supplements | |  | |
| 6. Name: | |  | | BB874 | | BB875 | |
| 7. Corporation | | BB876 | | BB877 | |
| 8. Name | | BB878 | | BB879 | |
| 9. Corporation | | BB880 | | BB881 | |
| **Capsules/ tablet** | |  | | Times per week 1) 7 2) 6 3) 5 4) 4 5) 3 6) 2 7) 1 8) ˂0 9) 0 | | Numbers at a time 1) 1 2) 2 3) 3 4) 4+ | |
| 10. Cod liver capsules | |  | | BB882 | | BB883 | |
| 11. Cod liver capsules without A and D- vitamins | | BB884 | | BB885 | |
| 12. Vitaplex | | BB886 | | BB887 | |
| 13. Kostpluss/myco plus multi | | BB888 | | BB889 | |
| 14. Nyco plus folic acid 0,4mg | | BB890 | | BB891 | |
| 15. Spektro (Solaray) | | BB892 | | BB893 | |
| 16. Hemofer | | BB894 | | BB895 | |
| 17. Duroferon duretter | | BB896 | | BB897 | |
| **Other supplements** | |  | | Times per week 1) 7 2) 6 3) 5 4) 4 5) 3 6) 2 7) 1 8) ˂0 9) 0 | | Numbers at a time 1) 1 2) 2 3) 3 4) 4+ | |
| 18. Name | | BB898 | | BB900 | | BB901 | |
| 19. Corporation | | BB899 | |
| 20. Name | | BB902 | | BB904 | | BB905 | |
| 21. Corporation | | BB903 | |
| 22. Name | | BB ?? | | BB?? | | BB ?? | |
|  | | 23. Corporation | | BB ?? | |  | |  | |
| 24. Name | | BB ?? | | BB ?? | | BB ?? | |
| 25. Corporation | | BB ?? | |