

Nutritional Survey  
Supplementary Appendix 1

- ¿Do you usually consume wine?

Yes

No

If the previous answer was “yes”, how many times per week do you consume wine?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume wine, how many standards of wine do you consume? (standard of wine = 147 mL).

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- ¿Do you usually consume beer?

Yes

No

If the previous answer was “yes”, how many times per week do you consume beer?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume beer, how many standards of beer do you consume? (standard of beer = 354 mL).

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- ¿Do you usually consume coffee?

Yes

No

If the previous answer was “yes”, how many times per week do you consume coffee?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume coffee, how many standards of coffee do you consume? (standard of coffee = 150 mL).

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- ¿Do you usually consume tea?

Yes

No

If the previous answer was “yes”, how many times per week do you consume tea?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume tea, how many standards of tea do you consume? (standard of tea = 150 mL).

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- ¿Do you usually consume fruits?

Yes

No

If the previous answer was “yes”, how many times per week do you consume fruits?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume fruits, how many standards of fruits do you consume? (standard of fruit = 80 gr).

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- ¿Do you usually consume vegetables?

Yes

No

If the previous answer was “yes”, how many times per week do you consume vegetables?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume vegetables, how many standard of vegetables do you consume? (standard of vegetables = 80 gr).

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- ¿Do you usually consume chocolate?

Yes

No

If the previous answer was “yes”, how many times per week do you consume chocolate?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume chocolate, how many standard of chocolate do you consume?  
(standard of chocolate = 14 gr).

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- ¿Do you usually consume dried fruits?

Yes

No

If the previous answer was “yes”, how many times per week do you consume dried fruits?

Less than ones a week

1-4 times per week

5-7 times per week

In the day you consume dried fruits, how many standard of dried fruits do you consume? (standard of chocolate = 20 gr).

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