The Northern Sweden Diet Database (NSDD)

This document contains a list of variables describing the dietary data that you have received. It also contains important information to you as the responsible researcher. More information is also available at the NSDD website: [www.biobank.umu.se/for-forskare/kostdatabasen](http://www.biobank.umu.se/for-forskare/kostdatabasen). When your application was approved a representative for the diet database was appointed, and you are expected to consult this person ahead of you start data processing to avoid improper treatment of data. This person will also be the one who represents the diet database as a coauthor in the forthcoming publication(s) unless you have been notified that an acknowledgement is sufficient.

**Rules in connection to data withdrawal from the Northern Sweden Diet Database (NSDD)**

1. The process to obtain data follow that of EBF and include separate application forms for diet and general data.
2. The applicant is under no circumstances allowed to distribute or use diet data obtained from the NSDD (DietVIP and DietMON) for other purposes than stated in the approved request and time window. Notably, the database is a living database where subjects withdraw their information (GDPR), new observations enter annually, and expansion and cleaning work is ongoing constantly. Therefore, data may be partly invalid over time.
3. Within 3 months after data delivery, the responsible person and/or analyst are expected to have familiarized themselves with the delivered data and framed a detailed analysis plan in dialogue with the appointed NSDD representative. A first report draft is expected to be well on its way after a year. Failure to meet these time limits may lead to that other over-lapping research projects are approved.
4. Guidelines for co-authorship follow the criteria set up by the ”International Committee of Medical Journal Editors (ICMJE)”. To create, maintain and update infrastructure and data processing related to present cohort studies signify considerable scientific contribution, that together with intellectual input regarding design and/or interpretation of results during the process of drafting a manuscript justify co-authorship.
5. Acknowledgements: It is important to properly acknowledge those who have supported the study (incl. data collection). In case of limited contribution, it can be enough with a general acknowledgement, e.g. … *the funds supporting the Northern Sweden Diet Database and the Västerbotten Intervention Project and/or the MONICA project are acknowledged*”. The Swedish Research Council should **always** be acknowledged for the support in building-up the diet database. The NSDD representative should be consulted regarding the appropriate wording.
6. All publication using data from DietVIP and/or DietMON should be reported to Åsa Ågren at EBF.

Important information to be aware of concerning obtained dietary data

* The dietary data in NSDD comes from DietVIP (originating from the Västerbotten Intervention Programme) and the MONICA screenings. The instrument for diet recording has varied over time which confers restrictions to data processing. For further information on the VIP and MONICA screenings see <http://www.biobank.umu.se/biobank/?languageId=1>.
* The obtained dietary data stems from both a longer (84 foods) and a shorter (64-66 foods or 49 foods) version of the dietary survey. Where possible, the answers in the long survey version have been harmonized with the 64-66 versions. Unless otherwise agreed upon, the resulting dataset contains food frequencies from the short version and the food variables that have been harmonized to them, i.e. the dat-variables (see below).

IMPORTANT INFORMATION

* Certain foods, which were monitored separately in the initial 84 food item FFQ, were merged or even excluded when the instrument was reduced to 64 items (later expanded to 65 and then 66 items and even 49 in one MONICA screening). This means that frequencies and quantities cannot be summarized without further notice.
* A number of FFQ questions have changed position in the various questionnaire versions. This is harmonized in the provided data.
* The reported total energy intake is systematically higher for recordings using the longer FFQ compared to shorter versions thus not directly comparable between the different survey versions. All input variables should, as a rule, be standardized according to the reported energy intake by either the residual method or transformation to a standardized energy level. It should also be decided if energy with or without alcohol should be used. a dietary survey with more food questions captures total energy intake better than a one with fewer ones.

Checklist before starting the analyses

* Is it necessary to exclude participants with regard to incomplete dietary questionnaire? (See variables ’Exclude’,’FIL’ , and implausible total energy intake)
* what recording adjustments are needed i.e., questionnaire version, screening year, etc?
* are matching of controls done taking registratuin quality and questionnaire version into account?
* Other topic specific brought up by the NSDD representative?
* Trace how missing values are coded

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable type | Variable name | Variable description | | |
| ID-variables  These variables are always delivered, as appropriate | projekt\_id | Id specific for the current study | | |
| id/pidnr | **id** = an, for the individual, unique id within VIP (id=enummer at the first VIP visit). Thus, several enummer when several visits but only one id.  **OBS!** **Over time id may have changed when a manually submitted questionnaire replaced the previous first VIP occasion.**  **pidnr** = an, for the individual, unique id within MONICA | | |
| enummer/mo\_seqno | enummer = an, for the occasion, unique id (questionnaire id) within VIP. Enummer is stable over time.  mo\_seqno = an, for the occasion, unique id within MONICA. | | |
| case\_control | 1 = Case  0 = Control | | |
| case\_set | Set for case/control | | |
| Background variables  participant  These variables are always delivered  Withdrawal of additional clinical and/or lifestyle-related data from VIP and/or MONICA requires a separate application to the EBF secretariat to be submitted, for more information see: <http://www.biobank.umu.se/for-forskare/> | **age** | **Age at screening (years)** | | |
| **agr10** | **Age group according to:**  1= <35 year  2=35-<45 year  3=45-<55 year  4= 55-<65 year  5= 65-<75  6=≥ 75 year | | |
| **gender** | **Gender**  1 = Male  2 = Female | | |
| **langd** | **Height without shoes (cm).** The following cut-offs are suggested for exclusion: height <130 and >210 cm | | |
| **vikt** | **Weight in light clothing, without shoes (kg).** The following cut-offs are suggested for exclusion: weight <35 kg | | |
| **BMI** | Body mass index: weight in kg divided by (height in m)2 (kg/m2). The following cut-offs are suggested for exclusion: BMI <15 and >70 | | |
| **utbild** | **Educational level?** 1 = Elementary school (compulsory 6 or 9-years) (codes 1 and 2)  2 = High school equivalent to 9-year (compulsory) school including basic vocational training (codes 3, 4, and 5)  3 = High school equivalent to upper secondary school (Swedish gymnasium) (codes 7 and 8)  4 = University education  5 = Did not finish elementary school or other basic education (MONICA 2014 only)  6 = Elementary school, nine-year (compulsory) school, vocational (training) school or similar (max 9 years) (MONICA 2014 only) | | |
| **sm\_status** | ***Smoking status:***  1 = Smoker  2 = Former smoker  3 = Non-smoker  4 = Occasional smoker  5 = Former occasional smoker | | |
| **g6**  Concerns only the VIP cohort + MONICA cohort 2014 | **How often have you been training or exercising in exercise outfit during the last three months with the purpose to enhance your condition and/or to feel good?** 1 = Never  2 = Every now and then – not regularly  3 = 1-2 times/week  4 = 2-3 times/week  5 = More than 3 times/week | | |
| **MONICA\_motion\_fritid\_86\_09** Concerns only the MONICA cohort 1986-2009 | **How much have you exercised in leisure time during the last year?** 1 = Almost nothing  2 = Mostly sedentary, sometimes a walk or similar activity  3 = Lighter physical exercise at least two hours a week  4 = More strenuous exercise 1-2 hours a week  5 = More strenuous exercise at least 3 hours a week  6 = Very strenuous exercise or competition regularly several times a week  7 = Never (1986 only)  8 = 1-2 times per month (1986 only)  9 = 1 time per week (1986 only)  10 = 2-3 times per week (1986 only)  11 = 4 or more times per week (1986 only) | | |
| Background variables  dietary questionnaire  These variables are always delivered | **antfrag** | **Number of food items**: for VIP 64-66 or 84, for MONICA 49, 82, 84 or 85 | | |
| **enkver** | **VIP:**  **Optically readable questionnaires:**  **BAS6, BASG, BASN** = 84 food items  **AC4** = 64 food items (Please note! For the AC4 questions, special harmonization has occurred in NSDD due to the reordering of questions).  **AC5, AC6** = 65 food items  **AC00, AC03, AC05, AC11** = 66 food items  **Non-optically readable questionnaire**  **APRI** = 84 food items  **MONICA:**  **Optically readable questionnaires:**  questionnaire:  **MON86** = 82 food items used in 1986  **MON90** = 49 food items used in 1990  **MON94-MON09** = 84 food items used in 1994-2009  **MON14** = 85 food items used in 2014 | | |
| **enkver2**  (Please note! Must be considered in case-control matching.) | **VIP:**  **apri** = coded as 84 food items but some FFQ-questions are missing  **long** = BAS6, BASG, BASN (84 food items)  **short** = AC4, AC5, AC6, AC00, AC03, AC05, AC11 (64-66 food items)  **MONICA: mon** | | |
| **exclude** | Indicates level of insufficient diet data:  0 = Complete set of portion size indications and max 10% of food frequencies missing  1 = > 10% of food frequencies missing  2 = the set of portion size indications is not complete and nutrient cannot be estimated  **Please note!** It is up to the researcher to determine the degree of filtering needed for the intended research project and also consider this before any case-control matching. | | |
| **missport** | **Number of portion size indications missing** | | |
| **missproc** | **Proportion of food frequencies missing (%)** | | |
| **FIL** | ***Food Intake Level***  Is used to assess the degree of underestimated dietary intake (Goldberg *et al.,* 1991). Generally, it is recommended that the 1% minimum and 1% maximum FIL values, based on distribution throughout the entire dietary database, are excluded as unreasonable. A more stringent criteria may however be used depending on the research question. | | |
| **potport** | **Potatoes/Rice/Pasta**  Portion size based on a photographic illustration of four sizes: 1 = A (smallest portion)  2 = B  3 = C  4 = D (largest portion) | | |
| **kottport** | **Meat/Fish**  Portion size based on a photographic illustration of four sizes: 1 = A (smallest portion)  2 = B  3 = C  4 = D (largest portion) | | |
| **gronport** | **Vegetables**: Portion size based on a photographic illustration of four sizes: 1 = A (smallest portion)  2 = B  3 = C  4 = D (largest portion) | | |
| **q\_date** | **Date for the questionnaire**  (ÅÅMMDD) | | |
| **year** | **VIP:** Year of the health examination/year for the questionnaire (YYYY)  **MONICA:** Screening year (YYYY) | | |
| **scrnr**  Concerns only the MONICA cohort | **Participated in MONICA screening round(s):**  1 = 1986  2 = 1990  3 = 1994  4 = 1999  5 = 2004  6 = 2009  7 = 2014  41 = 1999 och 1986  42 = 1999 och 1990  43 = 1999 och 1994 | | |
| Unit of food intake | **da01-da84**  (variables must be requested separately) | **Indicated food intake (long questionnaire) converted to frequency per day.** Missing values are imputed with median values in the population. | | |
| **dat01-dat66** (Dat-variables are included in a basic withdrawal, including harmonized 84 FFQ questions from the long version) | **Indicated food intake (short questionnaire) converted to frequency per day.**  Missing values are imputed with the median value in the population. | | |
| **VIP:** **gramlong1-gramlong84\***  **MONICA:** **gramlong1-gramlong85** | **Indicated food intake (long questionnaire) converted to gram per day.\***  \* Please note that the merging of certain foods, which occurred when the dietary survey was reduced from covering 84 to 64 food items, i.e. frequencies and quantities cannot be summarized without further notice. | | |
| **gramshort1-gramshort66\***  Concerns only the VIP cohort | **Indicated food intake (short questionnaire) converted to gram per day.\***  \* Please note that the merging of certain foods, which occurred when the dietary survey was reduced from covering 84 to 64 food items, means that frequencies and quantities cannot be summarized without further notice. | | |
| Food frequency | **Food** | **Info** | **Variabel Da + gramlong** | **Variabel Dat + gramshort** |
| Bregott on bread | 75% fat, main ingredient is butter | 1 | 1 |
| Butter on bread |  | 2 | 2 |
| Low fat margarine on bread | 40% fat | 3 | 3 |
| Margarine on bread |  | 4 | 4 |
| Butter for cooking |  | 5 | 5 |
| Margarine for cooking |  | 6 | 6 |
| Oil for cooking |  | 7 | 7 |
| Salad dressing with oil |  | 8 | 8 |
| Cream, crème fraiche, sour cream |  | 9 | 9 |
| Whole grain crisp bread |  | 10 | 10 |
| Whole grain soft bread |  | 11 | 11 |
| White (soft) bread |  | 12 | 12 |
| Thin crisp bread | Included in *’White (soft) bread’* in the short version (after 1995) | 13 | 12 |
| White (soft) bread |  | 14 | 13 |
| Cheese, 28% fat (e.g. Grevè) |  | 15 | 14 |
| Cheese, 10-17% fat (e.g. Drabant) |  | 16 | 15 |
| Cheese spread | The question is not included in the short version (after 1995) | 17 | − |
| Soft whey cheese (messmör) | The question is not included in the short version (after 1995) | 18 | − |
| Sausage on bread |  | 19 | 16 |
| Meat on bread |  | 20 | 17 |
| Liver pàté on bread | Included in *’Sausage on bread’* in the short version (after 1995) | 21 | 16 |
| Oatflake porridge | Included in *’Whole wheat, rye or barley porridge’* in the short version (after 1995) | 22 | 18 |
| Whole wheat, rye or barley porridge |  | 23 | 18 |
| Rosehip, sweet syrup soup, etc |  | 24 | 19 |
| Sour milk, yoghurt, 3 % fat |  | 25 | 20 |
| Sour milk, yoghurt, low fat |  | 26 | 21 |
| Fiber cereals (e.g. muesli, Granola) |  | 27 | 22 |
| Corn flakes |  | 28 | 23 |
| Berries, fresh or frozen |  | 29 | 24 |
| Apple, pear, peach |  | 30 | 25 |
| Orange, other citrus fruits | Included in *’Apple, pear, peach’* in the short version (after 1995) | 31 | 25 |
| Banana |  | 32 | 26 |
| White cabbage | Included in *’Lettuce, lettuce cabbage’* in the short version (after 1995) | 33 | 29 |
| Root vegetables, carrot |  | 34 | 27 |
| Tomato, cucumber |  | 35 | 28 |
| Lettuce, lettuce cabbage |  | 36 | 29 |
| Spinach, broccoli, cale | Included in *’Lettuce, lettuce cabbage’* in the short version (after 1995) | 37 | 29 |
| Mixed frozen vegetables | The question is not included in the short version (after 1995) | 38 | − |
| Boiled or baked potato |  | 39 | 30 |
| Fried potato |  | 40 | 31 |
| Pommes frites | Included in *’Fried potato*’ in the short version (after 1995) | 41 | 31 |
| Mashed potato | The question is not included in the short version (after 1995) | 42 | − |
| Potato sallad | The question is not included in the short version (after 1995) | 43 | − |
| Rice |  | 44 | 32 |
| Pasta |  | 45 | 33 |
| Brown beans, pea soup |  | 46 | 34 |
| Blöta (broth+bread) | The question is not included in the short version (after 1995) | 47 | − |
| Pancake, waffle |  | 48 | 35 |
| Swedish (potato) dumpling | Included in ’Pancake, waffle’ in the short version (after 1995) | 49 | 35 |
| Pizza |  | 50 | 36 |
| Minced meat dishes |  | 51 | 37 |
| Meat stew |  | 52 | 38 |
| Steak, chop etc. |  | 53 | 39 |
| Bacon |  | 54 | 40 |
| Saucage as dish |  | 55 | 41 |
| Hamburger |  | 56 | 42 |
| Poultry |  | 57 | 43 |
| Blood based food | The question is not included in the short version (after 1995) | 58 | − |
| Liver, kidney | The question is not included in the short version (after 1995) | 59 | − |
| Lean fish (e.g. perch, bass, cod) |  | 60 | 44 |
| Fatty fish (e.g. (Baltic) herring, whitefish, char, salmon) |  | 61 | 45 |
| Shellfish (e.g. shrimps, scallops) | The question is not included in the short version (after 1995) | 62 | − |
| Salted fish |  | 63 | 46 |
| Smoked fish/meat |  | 64 | 47 |
| Ice cream |  | 65 | 48 |
| Sweets (chocolate, candy) |  | 66 | 49 |
| Sugar, honey |  | 67 | 50 |
| Marmelade, jam | Included in ’Sugar, honey’ in the short version (after 1995) | 68 | 50 |
| Cookies, pastry |  | 69 | 51 |
| Chips, salty nuts, popcorn, etc. |  | 70 | 52 |
| Low fat milk (0,5%) |  | 71 | 53 |
| Milk, sour milk (1,5 %) |  | 72 | 54 |
| Milk (3%) |  | 73 | 55 |
| Soft drinks | Included in *’Sodas’* in the short version (after 1995) | 74 | 56 |
| Sodas |  | 75 | 56 |
| Juice | Included in *’Sodas’* in the short version (after 1995)) | 76 | 56 |
| Brewed (filtered) coffee |  | 77 | 57 |
| Boild coffee |  | 78 | 58 |
| Tea |  | 79 | 59 |
| Light beer |  | 80 | 60 |
| Medium beer |  | 81 | 61 |
| Strong beer |  | 82 | 62 |
| Wine |  | 83 | 63 |
| Liquor, spirits |  | 84 | 64 |
| Water\* | Fr.o.m. 1995 | − | 65 |
| Egg, egg dishes, omelet\*  **\*Only MON86, MON90 och MON14** | Fr.o.m. 2000 | 85\* | 66 |
| Nutritional variables | **ensum1** | **Total energy intake** (kcal/day)  Alcohol intake is included.  Optional variable where alcohol is excluded is available. (**OBS! All variables for estimated intake should either be handled separately for the 84 and 64-66 FFQ versions or standardized in line with up-to-date nutritional epidemiology)**. | | |
| **protsum1** | **Protein** (g/day) | | |
| **protsum1\_anim** | **Animal based protein** (g/day) | | |
| **protsum1\_veg** | **Plant based protein** (g/day) | | |
| **kolhsum1** | **Carbohydrates** (g/day) | | |
| **sacksum1** | **Sucrose** (g/day) | | |
| **DISAsum1** | **Disaccharides** (g/day) | | |
| **MOSAsum1** | **Monosaccharides** (g/day) | | |
| **fibesum1** | **Fibre** (g/day) | | |
| **FULLKsum1** | **Whole grain** (g/day) | | |
| **alkosum1** | **Alcohol** (g/day) | | |
| **fettsum1** | **Fat** (g/day) | | |
| **mfetsum1** | **Saturated fat** (g/day) | | |
| **MONOsum1** | **Monounsaturated fat** (g/day) | | |
| **POLYsum1** | **Polyunsaturated fat** (g/day) | | |
| **TRANSsum1** | **Trans fatty acids** (g/day) | | |
| **kolesum1** | **Cholesterol** (g/day) | | |
| **FA140\_sum1** | **Formic acid** (g/day) | | |
| **FA160\_sum1** | **Palmitic acid** (g/day) | | |
| **FA182\_sum1** | **Linoleic acid** (g/day) | | |
| **FA183\_sum1** | **Linolenic acid** (g/day) | | |
| **FA204\_sum1** | **Arachidonic acid** (g/day) | | |
| **FA205\_sum1** | **Eicosapentaenoic acid, EPA** (g/day) | | |
| **FA226\_sum1** | **Docosahexaenoic acid, DHA** (g/day) | | |
| **FA150\_sum1** | **Pentadecanoic acid** (g/day) | | |
| **FA170\_sum1** | **Heptadecanoic acid** (g/day) | | |
| **MAGNsum1** | **Magnesium** (mg/day) | | |
| **NATRsum1** | **Sodium** (mg/day) | | |
| **FOSFsum1** | **Phosphate** (mg/day) | | |
| **selesum1** | **Selenium** (µg/day) | | |
| **ZINCsum1** | **Zinc** (mg/day) | | |
| **retisum1** | **Retinol, vitamin A** (µg/day) | | |
| **karosum1** | **Beta-carotene** (μg/day) | | |
| **TIAMsum1** | **Tiamin** (mg/day) | | |
| **Folasum1** | **Folic acid (folate)** (µg/day) | | |
| **B2sum1** | **Riboflavin, vitamin B2** (mg/day) | | |
| **NIACsum1** | **Niacin, nicotinic acid, vitamin B3** (mg/day) | | |
| **B6sum1** | **Vitamin B6** (mg/day) | | |
| **B12sum1** | **Vitamin B12** (µg/day) | | |
| **askosum1** | **Ascorbite acid, vitamin C** (mg/day) | | |
| **Dsum1** | **Vitamin D** (µg/day) | | |
| **tokosum1** | **Tocopherol, vitamin E** (mg/day) | | |
| **VITKsum1** | **Vitamin K** (µg/day) | | |
| **jernsum1** | **Iron** (mg/day) | | |
| **JODIsum1** | **Iodine** (μg/day) | | |
| **kalcsum1** | **Calcium** (mg/day) | | |
| **KALIsum1** | **Potassium** (mg/day) | | |
| Special variables  Withdrawal and usage of specifically estimated nutritional variables require approval by the originator (will be attended to by the representative of the  NSDD as needed) | **Bstrsum1** | **Beta-sitosterol** (mg/day) | | |
| **Bstnsum1** | **Beta-sitostanol** (mg/day) | | |
| **Cstrsum1** | **Campesterol** (mg/day) | | |
| **Cstnsum1** | **Campestanol** (mg/day) | | |
| **Sstrsum1** | **Stigmasterol** (mg/day) | | |
| **Tstrsum1** | **Sum of BSTR-, BSTN-, CSTN-, CSTR- and sstrs-sum1** (mg/day) | | |
| **Lig\_Endsum1** | **Enterodiol** (µg/day) | | |
| **Lig\_Enlsum1** | **Enterolactone** (µg/day) | | |
| **Lig\_Equsum1** | **Equol** (µg/day) | | |
| **Lig\_Larsum1** | **Lariciresinol** (µg/day) | | |
| **Lig\_Matsum1** | **Matairesinol** (µg/day) | | |
| **Lig\_Medsum1** | **Medioresinol** (µg/day) | | |
| **Lig\_Pinsum1** | **Pinoresinol** (µg/day) | | |
| **Lig\_Secsum1** | **Secoisolariciresinol** (µg/day) | | |
| **Lig\_Syrsum1** | **Syringaresinol** (µg/day) | | |
| **Lig\_Sumsum1** | **Sum of all lignans** | | |
| **Lig4sumsum1** | **Sum of Lig\_Larsum1, Lig\_Matsum1, Lig\_Pinsum1 and Lig\_Secsum1** (µg/dag) | | |
| **dii\_Score** | **Dietary Inflammation Index:** a continuous index reflecting the overall inflammatory properties of the diet based on nine pro-inflammatory and 21 anti-inflammatory nutritional variables. The index vary around zero, with positive values reflecting a pro-inflammatory diet and a negative value reflecting an anti-inflammatory diet (Ref: Shivappa N, et al,. Publ Health 2013).  Pro-inflammatory nutritional variables: total fat, saturated fat, trans fat, total energy intake, cholesterol, vitamin B12, carbohydrates, iron and protein  Anti-inflammatory nutritional variables: monounsaturated fat, polyunsaturated fat, tiamin, caffein, (estimated based on intake of coffee and tea), n-6 fatty acids, n-3 fatty acids, folic acid, selenium, niacin, alcohol, zinc, vitamin A, vitamin B2, vitamin B6, vitamin C, vitamin D, vitamin E, magnesium, tea, beta-carotene, fiber energy intake. | | |
| **healthydiet\_score** | **Healthy Diet index:**  Described in Nettleton et al., Am J Epidemiol. 2013;177:103-115. The index is based on quartile ranking on food intake in 8 different groups. The scale for the index ranges from 0-24, and the higher the index the healthier diet. To calculate the index, the ranking value (0-3) is summarized with the highest ranking value for "healthy" diet and the lowest ranking value that is "best" for unhealthy diet. The average value for adults in Västerbotten is 12. | | |
| **mdsc** | **Mediterranean diet index**: The calculation of the Mediterranean diet index in the population in Västerbotten is described in Tognan et al., J Nutr. 2012;142:1547-1553. The index is based on the classification of individual dietary intake above or below the median value of the study population. The assessment is made in 8 different food groups and the sum (0 or 1) is calculated. | | |
| Supplements  Data available from 1992 (i.e. information on intake of supplements were not collected on the manually entered long, 84 food items, FFQ)  Marked as 1 if a value has been entered. Otherwise missing value.  The user decides if missing value should be interpreted as *"no intake".* | **nosuppl** | 1 = Have not taken supplements during the last 14 days or during the past year | | |
| **nosuppl\_year** | 1 = Have not taken supplements during the past year | | |
| **nosuppl\_14day** | 1 = Have not taken supplements during the last 14 days | | |
| **multivitaminsuppl** | 1 = Have you taken multivitamins during the last 14 days or during the past year? | | |
| **multivitaminsuppl\_**  **year** | 1 = Have you taken multivitamins during the past year? | | |
| **multivitaminsuppl\_**  **14day** | 1 = Have you taken multivitamins during the last 14 days? | | |
| **multimineralsuppl** | 1 = Have you taken multiminerals during the last 14 days or during the past year? | | |
| **multimineralsuppl\_**  **year** | 1 = Have you taken multiminerals during the past year? | | |
| **multimineralsuppl\_**  **14day** | 1 = Have you taken multiminerals during the last 14 days? | | |
| **jernsuppl** | 1 = Have you taken iron supplements during the last 14 days or during the past year? | | |
| **jernsuppl\_year** | 1 = Have you taken iron supplements during the past year? | | |
| **jernsuppl\_14day** | 1 = Have you taken iron supplements during the last 14 days? | | |
| **selensuppl** | 1 = Have you taken selenium supplements during the last 14 days or during the past year? | | |
| **selensuppl\_year** | 1 = Have you taken selenium supplements during the past year? | | |
| **selensupp\_14day** | 1 = Have you taken selenium supplements during the last 14 days? | | |
| **othersuppl** | 1 = Have you taken other supplements during the last 14 days or during the past year? | | |
| **othersuppl\_year** | 1 = Have you taken other supplements during the past year? | | |
| **othersuppl\_14day** | 1 = Have you taken other supplements during the last 14 days? | | |
| Övriga kostrelaterade variabler | **L1** | **Breakfast habits:**  0 = only coffee/tea  1 = coffee/tea and sandwich  2 = coffee/tea and wheat buns or rusk  3 = sour milk, cereals, w/o sandwich  4 = porridge, w/o sandwich  5 = gruel, w/o sandwich  6 = do not eat breakfast at all  **NOTE!** Alt. 0 is only available in the the short FFQ, i.e. from 1996 | | |
| **L3** | **Which of the following is true for you?**  1 = normal diet  2 = vegan diet  3 = lacto-vegetarian diet | | |
| **L4a-e, 1-12** | **Snacks between meals during a day**  a-e indicate snack occasion (1-5 per day).  1-12 specify snack content:  1=fruit,  2=sandwich  3=coffee rolls/cookie  4=pastry  5=sweet syrup soup  6=candy  7=ice cream  8=soda  9=soft drink  10=milk/hot chocolate/sour milk  11=juice  12=coffee/tea  **NOTE!** Only available in the long FFQ, i.e. up until 1996 | | |
| **L5a**  Concerns only the VIP cohort | **Do you usually eat breakfast?**  1 = yes  2 = no  The question is available from the year 2000. | | |
| **L5b**  Concerns only the VIP cohort | **Do you usually eat lunch?**  1 = yes  2 = no  The question is available between the years 1992-1996 and from the year 2000. | | |
| **L5c**  Concerns only the VIP cohort | **Do you usually eat dinner?**  1 = yes  2 = no  The question is available between the years 1992-1996 and from the year 2000. | | |