

## Eating habits

*Tick one of the alternatives to each question – what you usually do.*

### **How often do you eat vegetables and/or root vegetables (fresh, frozen or cooked)?**

- Twice a day or more often (3 p)
- Once a day (2 p)
- A few times a week (1 p)
- Once a week or more seldom (0 p)

### **How often do you eat fruit and/or berries (fresh, frozen, tinned, juice, etc.)?**

- Twice a day or more often (3 p)
- Once a day (2 p)
- A few times a week (1 p)
- Once a week or more seldom (0 p)

### **How often do you eat fish or seafood as a main dish, in a salad or on a sandwich?**

- Three times a week or more often (3 p)
- Twice a week (2 p)
- Once a week (1 p)
- Few times a week or more seldom (0 p)

### **How often do you eat pastries, chocolate/candy, crisps or drink soft drinks/lemonade?**

- Twice a day or more often (3 p)
- Once a day (2 p)
- A few times a week (1 p)
- Once a week or more seldom (0 p)

### **How often do you have breakfast?**

- Every day
- Almost every day
- A few times a week
- Once a week or more seldom

**Food index** (*sum of all points*) *The question concerning breakfast is not included in the food index.*

0-4 points = very unhealthy eating habits. The patient should be offered expert advisory consultation.

5-8 points = not particularly healthy eating habits. Should improve her/his eating habits.

9-12 points = healthy eating habits. Follows, in principle, the official recommendations.