WHAT DO YOU EAT?

In this form we ask about your dietary habits during the first three months of your pregnancy with your recent baby. You have identified those months as being _____(❶), _____(❷), and _____(❸). We realize that diet varies from one day to the next. Please do your best to provide an "average" of your dietary habits during those three months. If you are uncertain about how much of a particular food you ate during those early months of your pregnancy, give your best estimate.

All the information will be treated confidentially.

The form will be optically scanned, and it is therefore important that you:

- use a pencil
- place a mark only inside the allotted space with a straight line

Correct placement of the mark is:

If you make a mistake, use an eraser:

It is important for the optical scanning process that you do not use a ball-point or india-ink pen, and that you avoid staining or smudging the sheets of paper. Do not fold the sheet.

Thank you for your time in completing this form!

EXAMPLE: COMPLETING QUESTION 1.

During months ❶ ❷ ❸ of her pregnancy with John, Jane Doe ate 5 sandwiches and one crisp bread daily. She usually ate whole flour bread during this time, but during weekends she ate some white bread. She ate both dark and light crisp bread. She completes question 1 like this:

1. How much bread did you usually eat during months ❶ ❷ ❸ of your pregnancy?

Add what you eat at all meals.
(Half a bagel = 1 sandwich)

No. of sandwiches per day

0 1/2 1 2 3 4 5 6 7 8 9 10 11 12+

Light bread
(White bread, baguettes, white bagels etc.)

Mixed flour bread
(light whole flour bread, light homemade, wheat bagels etc.)

Dark bread
(Fiber-rich whole flour breads, dark whole flour bread, dark homemade, dark bagels)

Light crisps,
dried white bagels

Dark crisps
coarse, dried dark bagels

No. of sandwiches per day 6 x 7 = 42 no of sandwiches per week. This sum can be used in question 5.

<1 means less frequent than 1 time.
+ means more than 1 time.

1. How much bread did you usually eat during months ❶ ❷ ❸ of your pregnancy?

Add what you eat at all meals.
(Half a bagel = 1 sandwich)

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Light crisps,
dried white bagels

Dark crisps
coarse, dried dark bagels

No. of sandwiches per day ____x 7 = ____ no of sandwiches per week. This sum can be used in question 5.

2. What did you usually spread on the sandwich during months ❶ ❷ ❸?
Place a mark for both weekdays and weekends, even though you use the same.

Weekdays	Saturdays, Sundays
Nothing	
Butter	
Soft butter	
Light butter	
Hard margerine	
Soft margerine	
Butter substitute	
Light margerine	
Mini-margerine	
Other margerine	

3. During months ❶ ❷ ❸ how much did you usually spread on each sandwich?

Nothing

A 15-g pack suffices for so many sandwiches.

1
2
3
4
5

4. What type of milk did you drink during months ❶ ❷ ❸?
(1 glass = 1.5 dl)

No. of glasses per day

	Do not drink	Do not drink daily	1/2	1	2	3	4	5	6	7	8+
Whole milk [4% fat], sweet sour											
Light milk [2% fat], sweet, sour											
Skim milk, sweet, sour											

5. Breadspreads used during months ❶ ❷ ❸
Use sum of sandwiches from question 1.

	For no. of sandwiches per week										
	0	1/2	1	2-3	4-5	6-7	8-14	15-21	22-28	29-35	36+
Brown cheese, fat (G35, FG33, F33)											
Brown cheese, half-fat (G20), soft brown cheese											
White cheese, fat, 27% fat ([Brands], includes spreadable cheese)											
White cheese, half-fat, 16% fat ([Brands], includes spreadable cheese)											
White cheese with more than 27% fat (cream cheese, [Brands])											
Liver paste/sausage, regular											
Liver paste/sausage, low fat											
Veal sausage, regular											
Veal sausage, low fat, ham, pressed meats etc.											
Salt sausage, prosciutto-type sausage (mutton sausage,prosciutto)											
Caviar (fish-eggs)											
Mackerell in tomato sauce, smoked mackerell											
Sardines, herring in vinegar, anchovis etc.											
Salmon, trout											
Shrimps, crabfish											
Crab sticks											
Jam, jello, marmalade											
Low-sugar jam, frozen berries											
Honey, syrup											
Chocolate, nut breadspreads											
Vegetables for spreads (cucumber, tomatoes etc.)											
Fruits as spreads (bananas, apples etc.)											
Fruits, meats, vegetables in real mayonnaise mix											
Fruits, meats, vegetables in low fat mayonnaise mix											
Mayonnaise topping another spread											
Low fat mayonnaise topping another spread											

6. Eggs eaten during months ❶ ❷ ❸

	No. per week						
	0	Less than 1	2	3-4	5-6	7	8+
(boiled, fried, scrambled, in omelettes)							

7. Cereals, porridges, and yogurts

Answer either per month or per week

<1 means less frequent than once

	No. of times per month					OR	per week					Amount each time			
	0	<1	1	2	3		<1	1	2	3					
Oatmeal, grain mixtures ('Four-grains', unsweetened musli etc.)											(deciliters)	1	1½	2	3+
Corn flakes, puffed rice, oat-, *wheat-nuts* etc.											(deciliters)	1	1½	2	3+
Sweetened musli, Honey Corn etc.											(deciliters)	1	1½	2	3+
Oat meal porridge											(deciliters)	1-2	3-4	5-6	7+
Jam/jello topping on cereal, porridge											(teaspoons)	1	2	3-4	5+
Sugar topping on cereal, porridge											(teaspoons)	1	2	3-4	5+
Yogurt, plain, fruit											(cups)	½	1	1½	2+
Low fat yogurt											(cups)	½	1	1½	2+

8. Milk on cereals, porridges or desserts during months ❶ ❷ ❸

<1 means less frequent than once

	No. of times per month					OR	per week					Amount each time			
	0	<1	1	2	3		<1	1	2	3					
Whole milk [4% fat], sweet sour											(deciliters)	¾	1	2	3+
Light milk [2% fat], sweet, sour											(deciliters)	¾	1	2	3+
Skim milk, sweet, sour											(deciliters)	¾	1	2	3+

9. Coffee and tea during months ❶ ❷ ❸

(1 cup coffee = 1.2 deciliters 1 cup tea = 2 deciliters)

			No. of cups per day							
	Do not drink	Do not drink daily	½	1	2	3-4	5-6	7-8	9-10	11+
Coffee, brewed										
Coffee, percolated, filtered										
Coffee, instant										
Tea										
Gooseberry tea, herbal tea										

	No. of teaspoons or lumps per cup					
	0	½	1	2	3	4+
Sugar for coffee						
Sugar for tea						
Artificial sweetener for coffee or tea ([Brand names])						
Cream for coffee						

10. Other beverages

Note that the units of consumption differ. 1/3 liter equals a half-bottle of beer and 2/3 liter equals a full bottle. <1 means less than once.

	No. of times per month					OR	per week					Amount each time						
	0	<1	1	2	3		1	2-3	4-5	6-7	8+							
Water												(glass)	½	1	2	3	4	5+
Orange juice												(glass)	½	1	2	3	4	5+
Other juices												(glass)	½	1	2	3	4	5+
Limonade, cranberry syrup, with sugar												(glass)	½	1	2	3	4	5+
Artificially sweetened lemonade												(glass)	½	1	2	3	4	5+
Sodas with sugar												(liter)	¼	1/3	½	2/3	1	1½+
Artificially sweetened sodas												(liter)	¼	1/3	½	2/3	1	1½+
Carbonated waters												(liter)	¼	1/3	½	2/3	1	1½+
Alcohol-free beers												(liter)	¼	1/3	½	2/3	1	1½+
Light beer (ca. 2 per cent alcohol)												(liter)	¼	1/3	½	2/3	1	1½+
Regular beer (ca. 4.5 per cent)												(liter)	¼	1/3	½	2/3	1	1½+
Strong beer (ca. 6-8 per cent)												(liter)	¼	1/3	½	2/3	1	1½+
Wine												(glass)	1	1½	2	3	4	5+
Hard liquors, liqueurs **"shot" is mv best guess(it was not translated). 4cl was on original)**												(1 shot =4cl)	1	1½	2	3	4	5+

11. Dinners

We ask both about your dinner meals during months ❶ ❷ ❸ and what you ate at other meals. Add up the number of meals you have indicated and check if the sum is plausible.

Example: During months ❶ ❷ ❸ Jane usually ate dinner 6 times a week, that is approx. 24 dishes a month. She also usually ate a warm meal Saturday night and in addition a hamburger or hot dog twice a week. That makes altogether 36 dinner meals a month.

One 'dl' equates to approximately the amount in a *'soupscoop'*. 'ss' means a tablespoon.
<1 means less frequent than once

	No. of times per month										Amount each time					
	0	<1	1	2	3	4	5-6	7-8	9+							
Meatballs, meat pudding											(piece)	1	2	3	4	5+
Hamburger, patties											(piece)	1	2	3	4	5+
Meat sausage											(sausage)	1/3	½	2/3	1	1½+
Grilled or boiled hot dogs											(hotdog)	1	2	3	4	5+
Light hot dogs (grill, meat, boil) (1 meat dog = 3 boiled dogs)											(hotdog)	1	2	3	4	5+
Minced meat dishes (meat sauces, meat stews, lasagna etc.)											(dl)	1	2	3	4	5+
Pizza (500-600 g)											(pizza)	1/8	¼	½	3/4	1+
Steaks (any kind of meat)											(piece)	½	1	1½	2	2½

11. CONT'D

		No. of times per month									Amount each time				
		0	<1	1	2	3	4	5-6	7-8	9+					
Cutlets (beef, pork)	(piece)										½	1	1½	2	2½
Cutlets (veal, lamb)	(piece)										1	1½	2	3	4+
Roasted lamb, beef, pork	(slice?)										1-2	3-4	5-6	7-8	9+
Roasted elk, deer, reindeer etc.	(slice?)										1-2	3-4	5-6	7-8	9+
Stew with meat, casserole, veal with cabbage	(dl)										1-2	3-4	5-6	7-8	9+
Chopped meat stew, chopped meat soup, vegetable soup with meat	(dl)										1-2	3-4	5-6	7-8	9+
Bacon, fried ham	(slice?)										1-2	3-4	5-6	7-8	9+
Chicken, hen	(unit?)										¼	1/3	½	¾	1+
Blood product meals	(slice?)										1-2	3-4	5-6	7-8	9+
Liver	(slice?)										1-2	3-4	5-6	7-8	9+
Fish patties, fish pudding, fish bolls	(unit?)										1	2	3	4	5+
Frityr (seems to be fish sticks)	(unit?)										1-2	3-4	5-6	7-8	9+
Cod and variants (boiled)	(piece?)										1	2	3	4	5+
Cod and variants (fried, breaded)	(piece?)										1	2	3	4	5+
Flounder and variants	(filet?)										1	2	3	4	5+
Herring (fresh, cured, smoked)	(filet?)										1	2	3	4	5+
Mackerell	(filet?)										½	1	1½	2	3+
Salmon, saltwater trout (wild or raised)	(filet?)										1	2	3	4	5+
Freshwater trout and variants	(piece?)										½	1	1½	2	3+
Fish stew, fish gratin, fish soup	(dl)										1-2	3-4	5-6	7-8	9+
Fish liver	(ss)										1-2	3-4	5-6	7-8	9+
Shrimps, crabfish	(amount not translated - dl rensete)										½	1	1½	2	3+
Rice porridge, other milk-based porridge	(dl)										1-2	3-4	5-6	7-8	9+
Crepes	(piece)										1-2	3-4	5-6	7-8	9+
Soup (tomato, cauliflower, pea etc.)	(dl)										1-2	3-4	5-6	7-8	9+
Vegetarian dishes, gratins	(dl)										1-2	3-4	5-6	7-8	9+
Brown/white sauce	(dl)										½	1	1½	2	2½
Melted margerine or butter for fish dishes	(ss)										1-2	3-4	5-6	7-8	9+
Melted margerine or butter for meat dishes	(ss)										1-2	3-4	5-6	7-8	9+
Bearnaise sauce etc.	(ss)										1	2	3	4	5+
Mayonnaise, spiced mayo	(ss)										½	1	2	3	4+
Light mayo	(ss)										1	2	3	4	5+
Ketchup	(ss)										1	2	3	4	5+

12. Potatoes, rice, spaghetti, vegetables during months ❶ ❷ ❸

		No. of times per month				OR per week					Amount each time				
		0	<1	1	2	3	1	2-3	4-5	6-7	8+					
Potatoes, boiled	(unit?)											1	2	3	4	5+
Potatoes, fried	(dl)											1	2	3	4	5+
French fries	(dl)											1	2	3	4	5+
Mashed potatoes, potato stews, potato gratins	(dl)											1	2	3	4	5+
Potato salad	(ss)											1-2	3-4	5-6	7-8	9+
Rice	(dl)											1-2	3-4	5-6	7-8	9+
Spaghetti, macaroni, pasta	(dl)											1-2	3-4	5-6	7-8	9+
Hamburger or hot dog bread or potato loafs	(piece?)											1	2	3	4	5+
Carrots	(unit?)											1	2	3	4	5+
Cabbage ("skalk" is the portion given; not translated)	(skalk)											1	1½	2	3	4+
'Sauerkraut'	(dl)											½	1	1½	2	3+
Rutabaga ("skieve" is the portion given, =slice, but a slice of rutabaga?)	(skieve)											1	2	3	4	5+
Cauliflower, broccoli, Brussel sprouts	(bunch/ floret?)											1-2	3-4	5-6	7-8	9+
Peas, frozen vegetable mixes	(dl)											1	1½	2	3	4+
Green salads (lettuce etc. with eg cucumber, tomatoes, corn etc)	(dl)											1	2	3	4	5+
Dressing, regular	(ss)											½	1	2	3	4+
Dressing, light	(ss)											½	1	2	3	4+
Sour cream and variants	(ss)											½	1	2	3	4+
Light sour cream	(ss)											½	1	2	3	4+

13. Type of fat used in cooking during months ❶ ❷ ❸

Tick off for both frying and baking, even if you use the same thing.

For sauces, for frying	In baking
Butter ('dairy butter')	
Brand name: Soft butter	
Hard margerine (Brands)	
Soft margerine (Brands)	
[Brand name]: margerine/butter mix	
Other margerine	
Olive oil	
Soy oil	
Corn oil etc.	

14. Fruit, dessert, cookes, cakes, and snacks

		No. of times per month				OR	per week					Amount each time			
		0	<1	1	2	3		1	2-3	4-5	6-7	8+				
Apple	(unit?)												½	1	2	3+
Orange, mandarin, grape fruit	(unit?)												½	1	2	3+
Banana	(unit?)												½	1	2	3+
Other fruit (peach, pear, grapes etc)	(unit?)												½	1	2	3+
Berries (fresh or frozen)	(dl)												1	2	3	4+
Canned fruit or fruit cocktail	(dl)												1	2	3	4+
Puddings (chocolate, caramell etc)	(dl)												1	2	3	4+
Sweet rice cream, fromage(?)	(dl)												1	2	3	4+
Ice cream (1 dl = 1 stick or cone)	(dl)												1	2	3	4+
Cream or whipped cream on dessert	(dl)												½	1	1½	2+
Sweet rolls, sweet cakes	(unit)												1	2	3	4+
Danish type pastries	(unit)												1	2	3	4+
Puff pastry	(unit)												1	2	3	4+
Doughnuts	(unit)												1	2	3	4+
Waffles ("heart" =1/4 of iron = 1 serving))	(heart)												½	1	2	3+
Jam/jelly with waffles	(teaspoons per heart)												1	2	3	4+
Sour cream with waffles	(teaspoons per heart)												1	2	3	4+
Chocolate cake, filled cakes, whipped cream cake	(piece)												½	1	2	3+
Almond pie/cake, nut cake	(piece)												½	1	2	3+
Cookies, sweet biscuits	(piece)												1-2	3-4	5-6	7+
Chocolate (60g)	(bar)												½	1	1½	2+
Filled chocolate	(piece)												1-2	3-4	5-6	7+
Candy, licorice, candy fruits etc	(piece)												1-2	3-4	5-6	7+
Potato chips (1 bag of 100g = 7dl)	(dl)												1-2	3-4	5-6	7+
Other snacks (Screws, crisps, salt sticks, light snacks etc)	(dl)												1-2	3-4	5-6	7+
Peanuts, other nuts (1 bag 100g = 4 handfulls)	(handful)												1	2	3	4+

15. Dietary supplements taken during months ❶ ❷ ❸
(bs = medium sized spoon, ts = teaspoon)

	No. of times per week							Amount each time			
	0	<1	1	2-3	4-5	6-7	8+				
Cod liver oil, all year								1 ts	1bs	1ss	
winter								1 ts	1bs	1ss	
Cod liver oil capsules, all year								1	2+		
winter								1	2+		
Fish oil capsules								1-2	3-4	5-6	7+
Multivitamin/mineral supplements (e.g., [brand names]) (tablett/bs)								1	2	3	4+
Vitamin C supplement (tablett)								1	2	3	4+
Vitamin E supplement (tablett)								1	2	3	4+
Iron supplement (tablett)								1	2	3	4+

16. During months ❶ ❷ ❸, when did you usually eat on weekdays?

Main meals like breakfast, lunch, dinner, supper

Approximate time of day

6 8 10 12 14 16 18 20 22 24 2 4

In-between meals like coffee, fruit, 'goodies', snacks etc

Approximate time of day

6 8 10 12 14 16 18 20 22 24 2 4

OTHER QUESTIONS

How often did you exercise for at least 20 minutes during months ❶ ❷ ❸?
(walking, jogging, bicycling, swimming, etc)

Never
Less than once a week
Once a week
2-3 times a week
4-6 times a week
Every day

How hard were you exercising during months ❶ ❷ ❸?

Taking it easy without becoming short of breath or sweating
Pushing to becoming short of breath and sweating

DO ANY OF THE FOLLOWING APPLY TO YOU?	Yes	No
I am a vegetarian/*vegan*		
I do not eat typical Norwegian foods/I have immigrated to Norway		
I have diabetes		
I am allergic to some foodstuffs		
I have a high cholesterol level		
I have high blood pressure		
I have anorexia		
I have bulimia		

How much emphasis did you place on healthy eating during months ❶ ❷ ❸?

Very much
Much
Medium
Little
Very little

Family ID# |__|__|__|__|

1	0	0	0
2	1	1	1
3	2	2	2
4	3	3	3
5	4	4	4
6	5	5	5
7	6	6	6