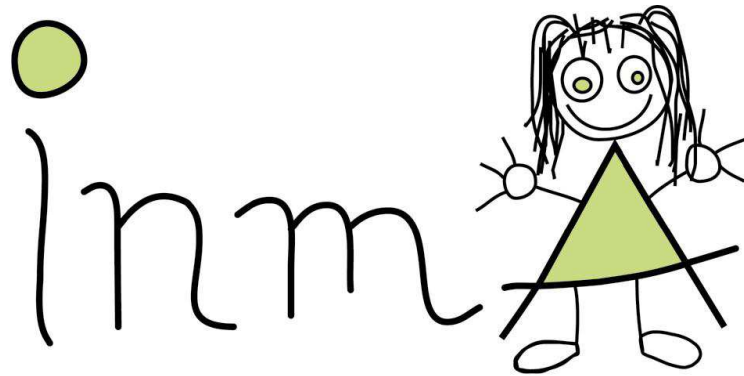


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Infancia y Medio Ambiente

# Food Frequency Questionnaire

(CFA 2)

# FOOD FREQUENCY QUESTIONNAIRE N° 2

IDNUM | | | | |

Dear Madam, this section of the survey is to know your diet during the last months of your pregnancy. This will help us find out the role of diet in the development of your pregnancy and future child. Your answers will be very helpful and therefore we ask you to be very careful and cooperating. When a food item does not totally fit your usual intake, try to choose an answer that is nearest to those provided, with the help, examples and indications that you will receive.

For each food item, indicate how many times as an average you have taken the amount indicated since the last interview. You must consider the times you have it alone and when you add it to other food or dish. For example, in the case of eggs, consider when you have them alone (e.g. fried or boiled) and when you add or mix it in other dishes. If in the last three months you have eaten a two-egg omelette every two days, you must tick "1 per day". Do not consider the egg included in cakes and sweets.

I. DAIRY PRODUCTS	Never or <1 month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
1. Full-cream milk (1 glass or cup, 200 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
2. Semi-skimmed milk (1 glass, 200cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
3. Skimmed milk (1 glass, 200cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
4. Condensed milk (1 spoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
5. Cream (1 spoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
6. Full-cream yoghurt (one, 125 grams)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
7. Skimmed yoghurt (one, 125 grams)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
8. Cottage cheese, white cheese or fresh cheese (a piece or helping, 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
9. Cured, semi-cured or creamy cheese (a piece, 50 grams)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
10. Custard, Cream caramel, pudding (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
11. Ice-cream (1 cone, tub or ball)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
II. EGGS, MEAT, FISH	Never or <1 month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
12. Hen eggs (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
13. Chicken WITH skin (1 medium course or piece)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
14. Chicken WITHOUT skin (1 medium course or piece)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
15. Veal, pork, mutton as main course (1 medium course or piece)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
16. Game: rabbit, quail, duck (1 course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
17. Liver of veal, pork, chicken (1 course, medium helping or piece)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
18. Entrails: tripe, brains, sweet breads ( 1 helping, 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
19. Sausages: ham, "salchichon", salami, mortadella, (1 helping, about 50 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
20. Sausages and similar foodstuff (medium)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
21. Pâtés, foie gras (half a helping, 50 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
22. Hamburger (medium, 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
23. Pork, bacon, streaky bacon (2 rashers or slices, 50 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
24. Assorted fried fish (1 medium course or helping)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
25. Boiled or grilled WHITE fish: hake, sole, dorado (1 course or helping)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
26. Boiled or grilled BLUE fish: tuna, swordfish, bonito, (course or helping)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
27. Other blue fish: mackerel, sardines, (fresh) anchovy, salmon	①	②	③	④	⑤	⑥	⑦	⑧	⑨
28. A small tin of tuna or bonito in oil	①	②	③	④	⑤	⑥	⑦	⑧	⑨
29. A small tin of sardines or mackerel in oil	①	②	③	④	⑤	⑥	⑦	⑧	⑨
30. Salted and/or smoked fish: anchovy, cod, salmon (half a helping, 50g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
31. Clams, mussels, oysters (1 helping, 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
32. Squid, baby squid, cuttlefish, octopus (1 helping or course, 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
33. Seafood: prawns, crab, king prawn, lobster (1 helping 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨

Do not forget to tick all the boxes

<b>III. VEGETABLES, PULSES.</b>	Never or <1 month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
34. Cooked spinach or Swiss chard (1 medium course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
35. Cooked cabbage, cauliflower, broccoli (1 mediu course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
36. Lettuce, endive, curly endive (1 medium course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
37. Tomato (a medium one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
38. Onion (a medium one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
39. Carrot, pumpkin (one or a small course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
40. Cooked green beans (1 course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
41. Aubergines, courgette, cucumber (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
42. Peppers (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
43. Artichokes (a helping or medium course, 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
44. Asparagus (a helping or course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
45. Boiled maize (a course or small tin, 82 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
46. Pulses: lentils, chickpeas, pinto or haricot beans (1 medium course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
<b>IV. FRUIT</b>	Never or <1 month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
47. Oranges, mandarins (One)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
48. Natural orange juice (a small glass, 125 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
49. Banana (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
50. Apple, pear (a medium one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
51. Peach, nectarine, apricot (a medium one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
52. Water melon, melon (1 medium slice)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
53. Grapes (a medium bunch or dessert plate)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
54. Plums or prunes (one, 37 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
55. Kiwi (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
56. Olives (a course or snack of 15 small units)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
57. Nuts: almonds, peanuts, pine kernel, hazelnut (1 saucer or small packet, 30g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
<b>V. BREAD, CEREAL AND THE LIKE</b>	Never or <1 month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
58. White bread (a small piece or 3 slices of tin loaf, 60 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
59. Wholemeal bread (a small piece or 3 slices of tin loaf)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
60. Breakfast cereals (30 g dry)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
61. Chips (1 helping or course, 100 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
62. Boiled, baked potatoes (1 medium potato)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
63. A packet of crisps (1 small bag, 25-30 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
64. Cooked rice (1 medium course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
65. Pasta: spaghetti, noodles, macaroni and the like (1 course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
66. Pizza (1 piece or helping, 200 g)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
<b>VI. OIL, FATS AND SWEETS</b>	Never or <1 month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
67. Olive oil added at the table to salads, bread and other dishes (1 tablespoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
68. Other vegetable oil (as above): sunflower, maize, Soya (1 tablespoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
69. Margarine added to bread or food (1 spoonful or spread)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
70. Butter added to bread or food (1 spoonful or spread)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
71. "Maria"-type biscuits (1 biscuit)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
72. Biscuits with chocolate (1 double biscuit)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
73. Pastries: croissant, ring doughnut, fairy cake, sponge cake, cakes or the like (one or a helping)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
74. Chocolate, chocolates and the like (1 little bar or 2 chocolates)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
75. Powder chocolate, <i>cola-caio</i> and the like (1 tablespoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨

**Do not forget to tick all the boxes**

VII. DRINKS AND OTHERS	Never or <1 month	1-3 per month	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
76. Red wine (1 glass, 125 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
77. White or rose wine (1 glass, 125 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
78. Sherry, dry wine, vermouth (glass, 50 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
79. Beer (a small glass or bottle 1/5, 200 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
80. Non-alcoholic beer (a small glass or bottle 1/5, 200 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
81. Liqueur (20-25°): fruit (apple), cream (Catalana, Bayleys) (1 glass, 50 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
82. Brandy, gin, rum, whisky, vodka, liquor 40° (1 glass, 50 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
83. Usual cola, orange, lemon soft drinks (e.g. coca-cola, fanta) (One, 250 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
84. Sugar free soft drinks cola, orange, lemon (e.g. light coca-cola or pepsi) (One, 250 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
85. Tap water (1 glass, 250 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
86. Bottled still water (1 glass, 250 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
87. Bottled sparkling water (1 glass, 250 cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
88. Bottled fruit juice (1 glass or bottle, 200cc)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
89. Coffee (1 cup)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
90. Decaffeinated coffee (1 cup)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
91. Vegetables soup or purée (a course)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
92. Chicken or ham croquettes (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
93. Fried fish fingers and croquettes (one)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
94. Mayonnaise (1 spoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
95. Tomato sauce (half a cup)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
96. Ketchup (1 tablespoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
97. Salt added to the courses at the table (1 pinch)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
98. Garlic (1 clove)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
99. Jam, marmalade, honey (1 spoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
100. Sugar (e.g. in your coffee, dessert, etc.) (1 teaspoonful)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
101. Tea or other herbal teas (1 cup)	①	②	③	④	⑤	⑥	⑦	⑧	⑨
<b>Do you take any other food item regularly at least once a week?</b>									
-----	①	②	③	④	⑤	⑥	⑦	⑧	⑨
-----	①	②	③	④	⑤	⑥	⑦	⑧	⑨

**Do not forget to tick all the boxes**

**Vitamin or mineral supplement intake. Regarding the previous months, since the last interview to present. Have you taken any vitamin or mineral supplements?...**

	Make and form	Weekly dosage (comp/week)	Starting date (month/year)	Still taking it?	Otherwise, say stop date
a. Iodized salt	-----	-----	___/___	① Yes ② No	___/___
b. Milk with A+D vit.	-----	-----	___/___	① Yes ② No	___/___
c. Milk with calcium	-----	-----	___/___	① Yes ② No	___/___
d. Fibre/fibre supplements	-----	-----	___/___	① Yes ② No	___/___
e. Multivitamins	-----	-----	___/___	① Yes ② No	___/___
f. Folic acid	-----	-----	___/___	① Yes ② No	___/___
g. A + E complex	-----	-----	___/___	① Yes ② No	___/___
h. A vitamin	-----	-----	___/___	① Yes ② No	___/___
i. E vitamin	-----	-----	___/___	① Yes ② No	___/___
j. C vitamin	-----	-----	___/___	① Yes ② No	___/___
i. Iron	-----	-----	___/___	① Yes ② No	___/___
j. Calcium	-----	-----	___/___	① Yes ② No	___/___
l. B complex	-----	-----	___/___	① Yes ② No	___/___
m. Zinc	-----	-----	___/___	① Yes ② No	___/___
n. Other supplements	-----	-----	___/___	① Yes ② No	___/___

1. Have you been on a diet since the last interview?

(If the answer is NO go to question 3)

- ① No    ② Yes    ③ N.A.

2. Why did you go on this diet? **You may tick more than one answer**

- ① to cut your weight down
- ② because you have cholesterol
- ③ because you have diabetes
- ④ because you have problems with your stomach
- ⑤ because you have problems with your bladder or liver
- ⑥ because you have high blood pressure or heart problems
- ⑦ because you have problems with your kidneys
- ⑧ because you are allergic to some food
- ⑨ because you have uric acid or gout
- ⑩ because you are a vegetarian
- ⑪ ① for other causes, which? -----

3. Since the last interview, How has your consumption changed regarding the following groups of food in comparison with the year before the pregnancy?

	<u>Eliminated</u>	<u>↓</u>	<u>Same</u>	<u>↑</u>	<u>N.A.</u>
a. Dairy products	①	②	③	④	⑤
b. Eggs	①	②	③	④	⑤
c. Meat	①	②	③	④	⑤
d. Fish	①	②	③	④	⑤
e. Vegetables	①	②	③	④	⑤
f. Pulses	①	②	③	④	⑤
g. Fruit	①	②	③	④	⑤
h. Bread	①	②	③	④	⑤
i. Olive oil	①	②	③	④	⑤
j. Butter/margarine	①	②	③	④	⑤
k. Sugar/sweets	①	②	③	④	⑤
l. Alcoholic drinks	①	②	③	④	⑤

4. How often do you eat fried food?

- ① Every day.
- ② 5-6 times a week.
- ③ 2-4 times a week.
- ④ Once a week.
- ⑤ Less than once a week.      ⑥ N.A.

5. When you eat meat, how do you take it?

- ① You don't eat meat (go to question 9)
- ② Raw
- ③ Rare
- ④ Cooked
- ⑤ Well-cooked.      ⑥ N.A.

6. What do you do with visible fat, when you are eating meat?

- ① You remove it all.
- ② You remove most of it.
- ③ You remove a little.
- ④ You don't remove any      ⑤ N.A.

7. How do you take meat?

	<u>No. of times a</u>				<u>N.A.</u>
	<u>Never</u>	<u>Month</u>	<u>Week</u>	<u>Day</u>	
a. Griddled	___	___	___	___	___
b. Grilled	___	___	___	___	___
c. Baked	___	___	___	___	___
d. Fried in oil	___	___	___	___	___
e. Stew	___	___	___	___	___

8. How often do you eat the toasted or burned part of meat?

- ① Never or less than once a month
- ② Once a month
- ③ 2-3 times a month
- ④ Once a week
- ⑤ Twice a week or more      ⑥ N.A.

9. How often do you eat the toasted part of fish?

- ① Never or less than once a month
- ② Once a month
- ③ 2-3 times a month
- ④ Once a week
- ⑤ Twice a week or more      ⑥ N.A.

10. How often do you eat the toasted part of a "paella"?

- ① Never or less than once a month
- ② Once a month
- ③ 2-3 times a month
- ④ Once a week
- ⑤ Twice a week or more      ⑥ N.A.

11. What sort of fat or oil do you use to...?:

	Butter	Margarine	Olive oil	Virgin olive oil	Veg.Oil.	Mixed oil.
SEASON	___	___	___	___	___	___
COOK	___	___	___	___	___	___
FRY	___	___	___	___	___	___

## PHYSICAL ACTIVITY AND EXERCISE during pregnancy (*since the last interview*)

1. Since the last interview, how many hours a day do you usually sleep, including siesta? \_\_\_\_\_ hours

2. How long is your siesta every day? \_\_\_\_\_ minutes.

3. How many hours a week do you spend watching TV? (*give the closest whole number*) \_\_\_\_\_ hours

4. At work or during your main activity you are ...

- ① Sitting almost all the time
- ② Sitting half the time
- ③ Standing still, most of the time
- ④ Walking most of the time, lifting and carrying few things
- ⑤ Walking most of the time, lifting and carrying many things
- ⑥ Heavy manual labour

5. How much time do you walk or cycle a day?

- ① Rarely
- ② Less than 20 minutes a day
- ③ 20-40 minutes a day
- ④ 40-60 minutes a day
- ⑤ Between 1 and 1 and a half hours a day
- ⑥ More than 1 and a half hours a day

6. How much time do you devote to activities or tasks at home?

- ① Less than 1 hour a day
- ② 1-2 hours / day
- ③ 3-4 hours / day
- ④ 5-6 hours / day
- ⑤ 7-8 hours / day
- ⑥ More than 8 hours / day

7. How much of your free time do you spend watching TV, computer or reading?

- ① Less than 1 hour a day
- ② 1 hour / day
- ③ 2 hours / day
- ④ 3 hours / day
- ⑤ 4 hours / day
- ⑥ 5-6 hours / day
- ⑦ More than 6 hours / day

8. How much of your free time do you spend doing exercise or sport

- ① Less than 1 hour a week
- ② 1 hour / week
- ③ 2 hours / week
- ④ 3 hours / week
- ⑤ 4-5 hours / week
- ⑥ More than 5 hours / week

9. Considering all your physical activity (work or main occupation, home and free time), Do you think you are?

- ① **Sedentary** (sitting most of the time, without physical activity, without sport, under care).
- ② **Not very active** (sitting jobs or activities, housewives with electrical appliances, not much sport).
- ③ **Moderately active** (manual labour, housewives without electrical appliances, light sport, etc)
- ④ **Quite active** (standing or walking jobs or activities, intense sport, etc.).
- ⑤ **Very active** (Very tough job, daily strong sport)
- ⑥ Doesn't know / Doesn't answer

**END OF THE SECOND INTERVIEW (V<sub>2</sub>)**

COLLECTION OF SAMPLES FOR INMA					
Time of the end of General, Work, Environment & FFQ Questionnaire	_ _  :  _ _				
FFQ N° 2 Done	YES    NO				
If FFQ N° 2 has NOT been taken → Date Arranged	_ _ _ _   _ _ _ _				
Has the ULTRASOUND SCAN 3 been taken	YES    NO				
If not, date arranged for the ULTRASOUND SCAN 3	_ _ _ _   _ _ _ _				
Date for the next visit in "LA FE" hospital	_ _ _ _   _ _ _ _				
<b>COMPREHENSION:</b>					
1. Estimated level of comprehension of the questionnaire:	<table border="0"> <tr> <td>1. Excellent</td> <td>2. Good</td> </tr> <tr> <td>3. Medium</td> <td>4. Poor</td> </tr> </table>	1. Excellent	2. Good	3. Medium	4. Poor
1. Excellent	2. Good				
3. Medium	4. Poor				
2. Who answers the questions regarding the husband or partner?	<table border="0"> <tr> <td>1. He, himself</td> <td>2. Woman</td> </tr> <tr> <td>3. Others .....</td> <td></td> </tr> </table>	1. He, himself	2. Woman	3. Others .....	
1. He, himself	2. Woman				
3. Others .....					
INTERVIEWER'S REMARKS					