Food Frequency Questionnaire (FFQ)

Date of the interview: \_\_\_/\_\_\_/\_\_\_\_\_ Time of the beginning/conclusion: \_\_\_\_\_\_/\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Gender: M ( ) F ( )

Age: \_\_\_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_\_\_ Weight: Height:

Have you changed your eating habits recently or are you dieting to lose weight or for any other reason? □ No □ Yes □ Reason \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you taking vitamins, minerals and other products to supplement your diet?

□ No □ Yes, regularly □ Yes, but not regularly

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Food** | **Portion** | **1xday** | **+ of 1 time per day** | **1 to 2 times per week**  | **3 to 6 times per week** | **1 x per month** | **E** | **N** | **Food preparation** |
| Milk |  |  |  |  |  |  |  |  |  |
| Derivatives |  |  |  |  |  |  |  |  |  |
| Eggs |  |  |  |  |  |  |  |  |  |
| Beans |  |  |  |  |  |  |  |  |  |
| Legumes |  |  |  |  |  |  |  |  |  |
| Rice |  |  |  |  |  |  |  |  |  |
| Bread |  |  |  |  |  |  |  |  |  |
| Cookies |  |  |  |  |  |  |  |  |  |
| Potato |  |  |  |  |  |  |  |  |  |
| Pasta |  |  |  |  |  |  |  |  |  |
| Leafy vegetables |  |  |  |  |  |  |  |  |  |
| Vegetables |  |  |  |  |  |  |  |  |  |
| Fruits |  |  |  |  |  |  |  |  |  |
| Natural juice |  |  |  |  |  |  |  |  |  |
| Industrialized juice |  |  |  |  |  |  |  |  |  |
| Candy |  |  |  |  |  |  |  |  |  |
| Fried food |  |  |  |  |  |  |  |  |  |
| Mayonnaise |  |  |  |  |  |  |  |  |  |
| Vegetable oil |  |  |  |  |  |  |  |  |  |
| Oil |  |  |  |  |  |  |  |  |  |
| Margarine |  |  |  |  |  |  |  |  |  |
| Butter |  |  |  |  |  |  |  |  |  |
| Cream cheese |  |  |  |  |  |  |  |  |  |
| Refined sugar |  |  |  |  |  |  |  |  |  |
| Canned |  |  |  |  |  |  |  |  |  |
| Chips; Pizza |  |  |  |  |  |  |  |  |  |
| Soft drinks |  |  |  |  |  |  |  |  |  |
| Natural seasoning |  |  |  |  |  |  |  |  |  |
| Industrialized seasoning |  |  |  |  |  |  |  |  |  |
| Beef |  |  |  |  |  |  |  |  |  |
| Birds |  |  |  |  |  |  |  |  |  |
| Fish |  |  |  |  |  |  |  |  |  |
| Viscera |  |  |  |  |  |  |  |  |  |
| Sausages |  |  |  |  |  |  |  |  |  |
| Alcoholic beverage |  |  |  |  |  |  |  |  |  |
| **Food** | **Portion** | **1xday** | **+ of 1 time per day** | **1 to 2 times per week**  | **3 to 6 times per week** | **1 x per month** | **E** | **N** | **Food preparation** |
| Chestnuts |  |  |  |  |  |  |  |  |  |
| Açaí |  |  |  |  |  |  |  |  |  |
| Tacacá |  |  |  |  |  |  |  |  |  |
| Cassava flour |  |  |  |  |  |  |  |  |  |
| Tapioca  |  |  |  |  |  |  |  |  |  |

**E= eventually N= never**