### 2.3. DIET

In order to answer the following questions, please use the mark X where you find it appropriate

### 2.3.1.

What does your food generally consist of?

|  | Once a day | Twice or more a day | Once a week | Twice or more a week | Occasionally |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Grain products, fine |  |  |  | X |  |
| Grain products, brown |  |  |  | $X$ |  |
| Fruit \& vegetables |  | X |  |  |  |
| Roots (e.g. potatoes, carrots etc.) |  |  | $x$ |  |  |
| Fish, fat |  |  |  |  | $X$ |
| Fish |  |  |  |  | X |
| Meat |  |  |  |  |  |
| Poultry |  |  | X |  |  |

### 2.3.2.

Do you consider a healthy diet as important to you?

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- Yes
ㅁ Very important
( Important
- Less important
- Unimportant
```

2.3.3.

Do you consider your diet to be healthy?

- Yes, absolutely
- Yes, most of the timeTo some degree
No
- Do not know

