

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					X
Poultry			X		

2.3.2.

Do you consider a healthy diet as important to you?

- Yes
- Very important
- Important
- Less important
- Unimportant

2.3.3.

Do you consider your diet to be healthy?

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