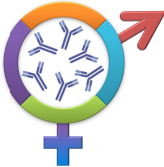





TITLE	  <p>Promoting gender equality in H2020 and the ERA</p>   <p><small>This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 741814.</small></p> <p style="text-align: center;">CRF - 10 – Diet form</p>
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Date of administration / /
Month Day Year

1. General eating habits

Do you think that what you eat could be healthier?

- Yes
 No

Do you follow any diet? (tick all that apply)

- Vegetarian
 Vegan
 Diabetic
 Gluten free
 Low cholesterol
 Other Spec. _____
 I do not follow any diet

How often do you eat fried food?

- Daily
 4-6 times a week
 1-3 times a week
 Less than once a week

How often do you eat red meat?

- Daily
 4-6 times a week
 1-3 times a week
 Less than once a week

How often do you eat the following fats?

Butter or margarine as a spread or for cooking food
Low-fat or polyunsaturated as spread or for cooking food
Vegetable oil
Lard or other fats in fried, roasted or baked foods

Less than once a week

Once a week or more but not most days

Every/most days

- | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

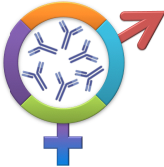



What type of animal milk or other do you use most often? (tick one only)

- Full fat animal milk
 Low fat animal milk
 Skimmed animal milk
 Soya
 Oats
 Rice
 Other
Spec. _____
 None

How much animal milk or other do you drink each day?

- None
 250 ml
 500 ml
 1 litre
 More than 1 litre

Patient code

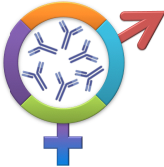



TITLE	  <p>Promoting gender equality in H2020 and the ERA</p>   <p><small>This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 741874.</small></p> <p align="center">CRF - 10 – Diet form</p>
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2. 14-item Questionnaire of Mediterranean diet adherence.

Questions	Answers
1. Do you use olive oil as main culinary fat?	<input type="checkbox"/> Yes <input type="checkbox"/> No
2. How much olive oil do you consume in a given day (including oil used for frying, salads, out-of-house meals, etc.)?	Table spoons N. _____
3. How many vegetable servings do you consume per day? (1 serving : 200 g [consider side dishes as half a serving])	N. servings _____
4. How many fruit units (including natural fruit juices) do you consume per day?	N. _____
5. How many servings of red meat, hamburger, or meat products (ham, sausage, etc.) do you consume per day? (1 serving: 100–150 g)	N. servings _____
6. How many servings of butter, margarine, or cream do you consume per day? (1 serving: 12 g)	N. servings _____
7. How many sweet or carbonated beverages do you drink per day?	N. _____
8. How much wine do you drink per week?	N glasses . _____
9. How many servings of legumes do you consume per week? (1 serving : 150 g)	N. servings _____
10. How many servings of fish or shellfish do you consume per week? (1 serving 100–150 g of fish or 4–5 units or 200 g of shellfish)	N. servings _____
11. How many times per week do you consume commercial sweets or pastries (not homemade), such as cakes, cookies, biscuits, or custard?	Times/week _____
12. How many servings of nuts (including peanuts) do you consume per week? (1 serving 30 g)	N. servings _____
13. Do you preferentially consume chicken, turkey, or rabbit meat instead of veal, pork, hamburger, or sausage?	<input type="checkbox"/> Yes <input type="checkbox"/> No
14. How many times per week do you consume vegetables, pasta, rice, or other dishes seasoned with sofrito (sauce made with tomato and onion, leek, or garlic and simmered with olive oil)?	Times/week _____

Martínez-González MA, García-Arellano A, Toledo E, Salas-Salvadó J, Buil-Cosiales P, Corella D, Covas MI, Schröder H, Arós F, Gómez-Gracia E, Fiol M, Ruiz-Gutiérrez V, Lapetra J, Lamuela-Raventos RM, Serra-Majem L, Pintó X, Muñoz MA, Wärnberg J, Ros E, Estruch R; PREDIMED Study Investigators. A 14-item Mediterranean diet assessment tool and obesity indexes among high-risk subjects: the PREDIMED trial. PLoS One. 2012;7(8):e43134.

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TITLE	  <p data-bbox="874 190 1264 212">Promoting gender equality in H2020 and the ERA</p>   <p data-bbox="949 264 1157 295"><small>This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 741874.</small></p> <p data-bbox="754 340 1018 369" style="text-align: center;">CRF - 10 – Diet form</p>
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Document history

Version N.	Date	Reviewer	Details of changes
0.1	December 16th 2019	RM	First creation
0.2	March 1st 2020	RM	Added administration date

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