**Special food questionnaire ˮThe card of nutritional habitsˮ**

Part I. Which is your family social-economic situation?

Part II. Which are nutritional traditions of the family?

Part III. Which are your own nutritional habits?

Part IV. How much do you consume drinks, and rye bread-white bread a day?

Part V. Your attitude to eating and movement?

Part VI. How often do you eat the following food? The FFQ of foodstuffs included questions on nine groups of 128 products: 16 milk and dairy products, 12 cereal and flour products, 15 meat products, 8 fish products, 18 vegetables, 15 seasonal fruits and berries, 11 sweets, 19 drinks, 14 ready-made foods. The frequency of consumption of each foodstuff was assessed on a five-grade scale: daily, often (2–3 times a week), sometimes (1–2 times a week), seldom (1–2 times a month), never.