

## PROJECT ID - (001) EFSA RS

Subject name :

Birth date : 1995-08-13

Gender : M

e-mail :

FFQ record date :

Subject group : Adults

## PRESCREENING QUESTIONS

POPULATION GROUP: Adults

AGE GROUP: 18-24

AGE IN YEARS: 22

HEALTH CONDITIONS: normal condition

SPECIAL DIETARY PATTERN: slimming diet

DO YOU HAVE ANY CHRONIC ILLNESS: No

IF YES, SPECIFY

ARE YOU CURRENTLY FOLLOW A SPECIAL DIET: slimming diet

IF YES, SPECIFY THE DIET

ARE YOU TAKING ANY MEDIATIONS REGULARLY: No

IF YES, SPECIFY

Do you suffer from some chronic illness?: Yes

Neoplasms ?

Diseases of the blood and blood-forming organs and disorders involving the immune mechanism ?

Endocrine, nutritional and metabolic diseases ?

Mental and behavioural disorders ?

Diseases of the nervous system ?

Diseases of the circulatory system ?

Diseases of the respiratory system ? : Yes

Diseases of the digestive system ?

Diseases of the skin and subcutaneous tissue ?

Diseases of the musculoskeletal system and connective tissue ?

Diseases of the genitourinary system ?

Other ?

SMOKING STATUS: Current smoker

HOW MANY CIGARETTES PER DAY: less than 10

## PHYSIOLOGIC QUESTIONS

1. During the last 7 days, on how many days did you do vigorous physical activities
- 2a. How much time did you spend doing vigorous phys. activity (hours per day)
- 2a. How much time did you spend doing vigorous phys. activity (minutes per day)
- 2c. How much time did you spend doing vigorous phys. activity (not sure)
3. During the last 7 days, on how many days did you do moderate physical activities: 3 days per week
- 4a. How much time did you spend doing moderate phys. activity (hours per day)
- 4b. How much time did you spend doing moderate phys. activity (minutes per day)
- 4c. How much time did you spend doing moderate phys. activity (not sure): /
5. During the last 7 days, how many days you walk for at least 10 minutes ? : 5 days per week
- 6a. How much time did you spend walking (hours per day): 0

6b. How much time did you spend walking (minutes per day): 30

6c. How much time did you spend walking (not sure)

7a. During the last 7 days how much time did you spend sitting on a week day (hours per day): 14

7b. During the last 7 days how much time did you spend sitting on a week day (minutes per day): 30

7c. During the last 7 days how much time did you spend sitting on a week day (not sure)

Self-estimated physical activity

### DEMOGRAPHICS QUESTIONS

PERSON WHO PROVIDED THE ANSWER: Subject himself/herself

PLACE OF RESIDENCE: Zemun

SETTLEMENT TYPE: Urban

REGION

RELIGION: Ortodoxy

ETHNICITY: Serbian

LABOUR: Pupil, student, further training, unpaid work experience

OCCUPATION: Other

EDUCATION: Post-secondary but non-tertiary education (ISCED 4)

MARITAL STATUS: Single

HOUSEHOLD PERSONS NO: 4

NO OF ADULTS 18 YEARS AND OLDER: 3

NO OF ADOLESCENTS 10 - 18 YEARS: 1

NO OF CHILDREN UP TO 10 YEARS

### ANTROPOMETRY

HEIGHT (cm): 182

METHOD USED TO MEASURE BODY HEIGHT: Self reported

WEIGHT (kg): 115

METHOD USED TO MEASURE BODY WEIGHT: Self reported

WAIST (cm): 120

METHOD USED TO MEASURE WAIST: Self reported

HIP (cm)

METHOD USED TO MEASURE HIP

SYSTOLIC BLOOD PRESSURE hgmm

DIATOLIC BLOOD PRESSURE hgmm

### FOOD ALLERGY

Are you allergic to one or more foods?: Yes

Cereals containing gluten

Crustaceans and products thereof

Eggs and products thereof

Fish and products thereof

Peanuts and products thereof: Yes

Soybeans and products thereof

Milk and products thereof

Nuts (almonds, hazelnuts, walnuts,...)

Celery and products thereof

Mustard and products thereof

Sesame seed and products thereof

**Molluscs seed and products thereof**

**Has your food allergy been diagnosed by a physician?**

**Do you systematically avoid all foods to which you are allergic to ?**

## FOOD CONSUMPTION

### Milk and dairy products

MILK /MLEKO	1-3 puta mesecno	250.00
CHEESE (KACKAVAL, EDAMER I SL.) /SIR (KACKAVALJ, EDAMER)	2-3 puta nedeljno	50.00
SMOKED CHEESE /SIR DIMLJENI	redje jednom mesecno	25.00
SOFT WHITE CHEESE /SVEZI KRAVLJI SIR	1-3 puta mesecno	50.00
YOGHURT /JOGURT, KEFIR	4-5 puta nedeljno	100.00
SOUR CREAM, CLOTTED CREAM, CHEESE SPREAD... /PAVLAKA	redje jednom mesecno	50.00

### Eggs

EGGS (ANY PREPARATION METHOD) /JAJE	1-3 puta mesecno	120.00
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### Meat and meat products

RED MEAT (PORK, BEEF, LAMB, VEAL) /MESO	1-3 puta mesecno	50.00
CHICKEN AND TURKEY /ZIVINSKO MESO (PILETINA, CURETINA)	2-3 puta nedeljno	150.00
OFFAL /IZNUTRICE	1-3 puta mesecno	100.00
PROCESSED MEAT (PÂTÉS, HOT-DOGS, SAUSAGES, SALAMI)	4-5 puta nedeljno	50.00
MESNE PRERADJEVINE (PASTETA, VIRSLA, SALAMA...)		
SMOKED MEAT /DIMLJENO MESO	1-3 puta mesecno	100.00

### Fish and seafood

SEA FISH /MORSKA RIBA	nikada	50.00
FRESHWATER FISH /RECNA RIBA	2-3 puta nedeljno	50.00
SMOKED FISH /DIMLJENA RIBA	redje jednom mesecno	50.00
CANNED FISH (TUNA, SARDINS...) /RIBA IZ KONZERVE	4-5 puta nedeljno	25.00
SHELLFISH (SQUID, CLAMS, CRABS, PRAWNS) /MORSKI PLODOVI	nikada	50.00

### Vegetables

GREEN LEAFY VEGETABLES (LETTUCE, SPINACH, SWISS C /ZELENO LISNATO POVRCE (SALATA, SPANAC, BLITVA...))	redje jednom mesecno	25.00
LEGUMES (BEANS, PEAS, LENTILS, STRING BEANS, CHICK /LEGUMINOZE (PASULJ, GRASAK, SOCIVO,...))	4-5 puta nedeljno	25.00
SOY-BASED FOODS /PROIZVODI OD SOJE	redje jednom mesecno	25.00
POTATO /KROMPIR	nikada	125.00
TOMATO FRESH /PARADAJZ SVEZ	jednom nedeljno	50.00
PEPPER FRESH /PAPRIKA SVEZA	2-3 puta nedeljno	15.00
CUCUMBER FRESH /KRSTAVAC	4-5 puta nedeljno	7.00
CABBAGE, BROCCOLI, CAULIFLOWER, KALE /BROKKOLI, KARFIOL, KELJ, KUPUS	4-5 puta nedeljno	75.00

### Fruits

CITRUS FRUITS (ORANGE, LEMON, TANGERIN, GRAPEFRUIT /CITRUSI	jednom nedeljno	130.00
BERRY FRUITS (RASPBERRIES, STRAWBERRIES, BLUEBERRY /BOBICASTO VOCE (MALINE, JAGODE, BOROVICE))	redje jednom mesecno	25.00
GRAPES /GROZDJE	1-3 puta mesecno	75.00
BANANAS /BANANA	jednom nedeljno	200.00
APPLES, PEARS /JABUKE, KRUSKE	jednom nedeljno	50.00
SWEET CHERRIES, SOUR CHERRIES, PLUMS /VISNJA, TRESNJA	4-5 puta nedeljno	
DRIED FRUIT (RAISINS, DRIED PLUMS, DRIED FIGS, DRI /SUSENO VOCE	nikada	75.00

### Nuts

ALMONDS, WALNUTS, HAZELNUTS... /ORASASTI PLODOVI	2-3 puta nedeljno	35.00
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### Grains and grain products

PASTA /TESTENINA	1-3 puta mesecno	100.00
RICE /PIRINAC	nikada	200.00
BREAD, WHOLEGRAIN /HLEB CRNI	6-7 puta nedeljno	80.00
BREAD, WHITE /HLEB	1-3 puta mesecno	120.00
CEREALS/MUSLI /ZITARICE	nikada	80.00

Sweets		
CHOCOLATE /COKOLADA	jednom nedeljno	40.00
BISCUITS (PLAZMA, TEA BISCUITS, PETTIT BEURRE) /KEKS	jednom nedeljno	90.00
WAFERS /NAPOLITANKE	1-3 puta mesecno	60.00
CAKES AND COOKIES /KOLACI , TORTE	2-3 puta nedeljno	80.00
CANDIES AND LOLLIPOPS ETC. /BONBONE, LIZALICE	nikada	20.00

Snacks		
CHIPS, GRISSINI BREADSTICS, FLIPS, PRETZELS... /SLANE GRICKALICE	1-3 puta mesecno	60.00

Alcoholic beverages		
HARD LIQUORS (BRANDY, VODKA, WHISKY...) /ZESTOKO PICE	1-3 puta mesecno	50.00
WINE /VINO	jednom nedeljno	150.00
BEER /PIVO	redje jednom mesecno	

Hot beverages		
FRUIT TEA /CAJ VOCNI		
HERBAL TEA /BILJNI CAJ		
COFFEE, TURKISH STYLE /KAFA TRSKA		
COFFEE, ESSPRESSO /KAFA ESPRESSO		
COFFEE, INSTANT /NESS KAFA		
COFFEE SUBSTITUTES (CHICORY, BARLEY...) /ZAMENA ZA KAFU		
COCOA, NESQUIK /KAKAO		

Carbonated drinks		
CARBONATED DRINKS WITH SUGAR /GAZIRANO PICE SA SECEROM		
CARBONATED DRINKS, SUGARFREE /GAZIRANO PICE BEZ SECERA		

Fruit juices		
FRESHLY SQUEEZED /VOCNI SOK - SVEZE		
FROM CONCENTRATE /VOCNI SOK IZ KONCENTRATA		

Fats and oils		
SUNFLOWER OIL /SUNCOKRETOVO ULJE		
OLIVE OIL - FOR COOKING /MASLINOVO ULJE - ZA KUVANJE		
OLIVE OIL - FOR SALADS /MASLINOVO ULJE ZA SALATE		
OTHER OILS /OSTALA ULJA		
FAT (PORK) /MAST (SVINJSKA)		

NAME	Dietary supplements			PERIOD	BRAND
	CONS. FRE QUENCY	DOSE			
VITAMIN A /VITAMIN A					
VITAMIN D /VITAMIN D					
VITAMIN E /VITAMIN E					
VITAMIN C /VITAMIN C					
FOLIC ACID /FOLNA KISELINA					
BETA-CAROTENE /BETA KAROTEN					
CALCIUM /KALCIUM					
MAGNESIUM /MAGNEZIUM					
IRON /GVOZDJE					
ZINC /CINK					
SELENIUM /SELEN					
MULTIVITAMIN WITHOUT MINERALS /MULTIVITAMIN BEZ MINERALA					
MULTIVITAMIN WITH MINERALS /MULTIVITAMIN SA MINERALIMA					

FISH OIL, OMEGA 3 ... /RIBLJE ULJE OMEGA 3  
HERBAL DIETARY SUPPLEMENTS /BILJNI DODACI  
PROBIOTICS AND PREBIOTICS /PROBIOTSKI I PREBIOTSKI  
PREPARATI  
ALGAE-BASED DIETARY SUPPLEMENTS /PREPARATI NA BAZI  
ALGI  
SPORTS SUPPLEMENTS (L-CARNITINE, CREATINE, AMINO A  
/SUPPLEMENTI ZA SPORTISTE  
WEIGHT LOSS SUPPLEMENTS /PREPARATI ZA MRSAVLJENJE  
OTHER SUPPLEMENTS /OSTALI SUPPLEMENTI

Nutrient code	Nutrient name	Value	unit
<b>CARBOHYDRATE COMPONENTS</b>			
OLSAC	oligosaccharides, available	0	g
GLYC	glycogen	0	g
CHO	carbohydrate	95.4034	g
FIBHEX	hexoses in dietary fibre	0	g
INOTL	inositol	0	g
INOTLP2	inositol diphosphate	0	g
INOTLP1	inositol monophosphate	0	g
INOTLP4	inositol tetraphosphate	0	g
INOTLP3	inositol triphosphate	0	g
LACS	lactose	3156.7048	mg
MALS	maltose	0	g
NSP	non-starch polysaccharides	0	g
HEMCEL	hemicellulose	0	g
PECT	pectin	0	g
FIBPEN	pentoses in dietary fibre	0	g
POLYDEXS	polydextrose	0	g
STAS	stachyose	0	g
STARES2	starch, resistant RS2	0	g
STARES3	starch, resistant RS3	0	g
STARES4	starch, resistant RS4	0	g
SUCS	sucrose	5.1521	g
SUGAD	sugar, added	0	g
SUGAN	sugar, natural	0	g
TRES	trehalose	0	g
FIBSOL	fibre, water-soluble	0.5871	g
CHOT	carbohydrate, total	0	g
CHOU	carbohydrates, unspecified	0	g
DISAC	disaccharides, total	0	g
FRUS	fructose	0	g
FIBINS	fibre, water-insoluble	2.1806	g
FIBT	fibre, total dietary	13.6928	g
FIBC	fibre, crude	0	g
<b>FATTY ACIDS</b>			

F15:1CN8	fatty acid 15:1 n-8 cis	0	g
F12:1CIS	fatty acid 12:1 cis	0	RE
F14:1TN5	fatty acid 14:1 n-5 trans (myristelaidic acid)	0	g
F14:1TRS	fatty acid 14:1 trans	0	g
F16:1CIS	fatty acid 16:1 cis	0	g
F16:1CN5	fatty acid 16:1 n-5 cis	0	g
F16:1CN7	fatty acid 16:1 n-7 cis (palmitoleic acid)	0	g
F16:1CN9	fatty acid 16:1 n-9 cis	0	g

**FOOD PROPERTIES AND MEASURES**

NCF	nitrogen conversion factor	0	g
FACF	fatty acid conversion factor	0	g

**LIPID COMPONENTS**

F16:0	fatty acid 16:0 (palmitic acid)	0	g
FATSAT	saturated fat, total	0	g
FAT	fat, total	54.3842	g
FAMS	fatty acids, total monounsaturated	18.9773	g
FAPU	fatty acids, total polyunsaturated	9.314	g
FATRS	fatty acids, total trans	0	mg

**PROXIMATES**

PROT	protein, total	50.2603	g
ENERC	energy, total metabolisable	1079.3753	kcal

Food group	Cons. amount		Energy		Fat		Protein		Carbo hydrate					
	(g)	(%)	(kcal)	(%)	(g)	(EV kcal)	(%)	(g)	(EV kcal)	(%)	(g)	(EV kcal)	(%)	
NOT_DEFINED														
-														
MILK_MILK_PRODUCT OR MILK SUBSTITUTE	110.81	18.23	116.92	10.83	7.2	64.76	13.23	8.67	34.68	17.25	3.95	15.81	4.14	
EGG_OR_EGG_PRODUCT	10	1.64	14.19	1.32	0.99	8.91	1.82	1.26	5.04	2.51	0.08	0.32	0.08	
MEAT_OR_MEAT_PRODUCT	104.15	17.13	256	23.72	20.02	180.2	36.82	18.43	73.71	36.66	0.62	2.49	0.65	
SEAFOOD_OR_RELATED	35	5.76	77.98	7.22	5.61	50.47	10.31	6.89	27.56	13.71				



PRODUCT													
FAT_OR_OIL													
GRAIN_OR_GRAIN PRODUCT	116.66	19.19	318.17	29.48	7.36	66.21	13.53	8.25	33	16.41	53.35	213.42	55.92
NUT_SEED_OR KERNEL	11.67	1.92	74.05	6.86	6.57	59.16	12.09	1.79	7.16	3.56	1.73	6.92	1.81
PRODUCT													
VEGETABLE_OR VEGETABLE	67.99	11.18	18.93	1.75	0.3	2.68	0.55	1.03	4.14	2.06	2.95	11.78	3.09
PRODUCT													
FRUIT_OR_FRUIT PRODUCT	116.06	19.09	66.35	6.15	0.62	5.61	1.15	0.99	3.94	1.96	14.43	57.72	15.13
SUGAR_OR_SUGAR	22.33	3.67	104.13	9.65	4.09	36.78	7.51	2.25	8.98	4.47	14.4	57.62	15.1
PRODUCT													
BEVERAGE_(NON-MILK)													
MISCELLANEOUS FOOD	13.33	2.19	32.66	3.03	1.63	14.68	3	0.71	2.83	1.41	3.88	15.53	4.07
PRODUCT													
PRODUCT_FOR SPECIAL													
NUTRITIONAL USE OR													
DIETARY SUPPLEMENT													

Food origin	Cons. amount		Energy		Fat			Protein			Carbo hydrate			
	(g)	(%)	(kcal)	(%)	(g)	(EV kcal)	(%)	(g)	(EV kcal)	(%)	(g)	(EV kcal)	(%)	
Plant	230.87		37.97	299.45	27.74	12.26	110.32	22.54	7.04	28.17	14.01	39.43	157.71	41.33
Animal	259.95		42.76	465.1	43.09	33.81	304.33	62.18	35.25	140.99	70.13	4.65	18.62	4.88
Mineral														
Not defined		5	0.82	22.24	2.06	1	9	1.84	0.36	1.44	0.71	2.9	11.62	3.04