

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

Eggs

EGGS (ANY PREPARATION METHOD) /JAJE	1-3 puta mesecno
-------------------------------------	------------------

Meat and meat products

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

Fish and seafood

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

Vegetables

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

Fruits

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

Nuts

ALMONDS, WALNUTS, HAZELNUTS... /ORASASTI PLODOVI	2-3 puta nedeljno
--	-------------------

Grains and grain products

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

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

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

Alcoholic beverages	
HARD LIQUORS (BRANDY, VODKA, WHISKY...) /ZESTOKO PICE	1-3 puta mesecno
WINE /VINO	jednom nedeljno
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				BRAND
	CONS. FRE QUENCY	DOSE	PERIOD		
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
/SUPLEMENTI ZA SPORTISTE
WEIGHT LOSS SUPPLEMENTS /PREPARATI ZA MRSAVLJENJE
OTHER SUPPLEMENTS /OSTALI SUPPLEMENTI

Nutrient code	Nutrient name	Value	unit
CARBOHYDRATE COMPONENTS			
OLSAC	oligosaccharides, available	0	g
GLYC	glycogen	0	g
CHO	carbohydrate	122.1623	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	9118.3994	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	5.4163	g
SUGAD	sugar, added	0	g
SUGAN	sugar, natural	0	g
TRES	trehalose	0	g
FIBSOL	fibre, water-soluble	0.5902	g
CHOT	carbohydrate, total	0	g
CHOU	carbohydrates, unspecified	0	g
DISAC	disaccharides, total	0	g
FRUS	fructose	0	g
FIBINS	fibre, water-insoluble	2.7086	g
FIBT	fibre, total dietary	16.7717	g
FIBC	fibre, crude	0	g
FATTY ACIDS			

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	77.3347	g
FAMS	fatty acids, total monounsaturated	25.7964	g
FAPU	fatty acids, total polyunsaturated	13.1768	g
FATRS	fatty acids, total trans	0	mg

PROXIMATES

PROT	protein, total	76.5652	g
ENERC	energy, total metabolisable	1505.008	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	377.03	36.89	282.48	18.77	15.27	137.4	19.74	19.86	79.45	25.94	14.54	58.15	11.9	
EGG_OR_EGG_PRODUCT	8.75	0.86	12.42	0.83	0.87	7.79	1.12	1.1	4.41	1.44	0.07	0.28	0.06	
MEAT_OR_MEAT_PRODUCT	114.56	11.21	296.77	19.72	23.79	214.09	30.76	19.97	79.89	26.08	0.79	3.18	0.65	
SEAFOOD_OR_RELATED	87.49	8.56	194.95	12.95	14.02	126.17	18.13	17.23	68.91	22.5				

PRODUCT														
FAT_OR_OIL														
GRAIN_OR_GRAIN PRODUCT	141.66	13.86	386.76	25.7	9.18	82.58	11.86	10.03	40.11	13.1	64.58	258.31	52.86	
NUT_SEED_OR KERNEL	10.83	1.06	68.76	4.57	6.1	54.94	7.89	1.66	6.65	2.17	1.61	6.43	1.32	
PRODUCT														
VEGETABLE_OR VEGETABLE	107.56	10.52	38.32	2.55	0.89	7.99	1.15	2.41	9.63	3.14	4.93	19.73	4.04	
PRODUCT														
FRUIT_OR_FRUIT PRODUCT	127.35	12.46	70.14	4.66	0.65	5.89	0.85	1	4.01	1.31	15.18	60.71	12.42	
SUGAR_OR_SUGAR	22.91	2.24	108.01	7.18	4.51	40.58	5.83	2.21	8.85	2.89	14.49	57.95	11.86	
PRODUCT														
BEVERAGE_(NON-MILK)														
MISCELLANEOUS FOOD	23.95	2.34	46.39	3.08	2.07	18.6	2.67	1.09	4.36	1.42	5.98	23.92	4.9	
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	285.65	27.95	324.76	21.58	13	117.03	16.81	8.43	33.72	11.01	42.56	170.25	34.84
Animal	587.83	57.51	786.62	52.27	53.94	485.45	69.75	58.16	232.65	75.96	15.4	61.61	12.61
Mineral													
Not defined	6.25	0.61	27.8	1.85	1.25	11.25	1.62	0.45	1.8	0.59	3.63	14.52	2.97