

## OMEGA-3 FATTY ACIDS QUESTIONNAIRE

ID: \_\_\_\_\_

Date of survey: \_\_\_\_\_

1) Sex

- Male  Female

2) Year of birth: \_\_\_\_\_

3) How many times in the past six months have you consumed fish or seafood? (including sushi prepared with fish or seafood)

- |  |   |
|--|---|
| <input type="checkbox"/> Never                 | <input type="checkbox"/> Twice a week           |
| <input type="checkbox"/> Less than one a month | <input type="checkbox"/> 3-4 times per week     |
| <input type="checkbox"/> Once a month          | <input type="checkbox"/> 5-6 times per week     |
| <input type="checkbox"/> 2-3 times per month   | <input type="checkbox"/> Once a day             |
| <input type="checkbox"/> Once a week           | <input type="checkbox"/> Multiple times per day |

→ If your answer was NEVER, go to question 7.

4) If you ate fish or seafood, how much of it did you eat?

- Less than a filet or less than four pieces of sushi
- About one filet or 4-14 pieces of sushi
- More than one filet or more than 14 pieces of sushi

5) In what way did you eat fish or seafood?

- Fish fingers/deep fried
- Sushi
- Fresh fish
- Frozen fish
- Fish-burger

6) Please tick all the fish and seafood you consume the most.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Salmon           | <input type="checkbox"/> Pangasius                  | <input type="checkbox"/> European perch  |
| <input type="checkbox"/> Trout            | <input type="checkbox"/> Tuna                       | <input type="checkbox"/> Gilt-head bream |
| <input type="checkbox"/> Halibut          | <input type="checkbox"/> Herring                    | <input type="checkbox"/> European plaice |
| <input type="checkbox"/> Mackerel         | <input type="checkbox"/> Lemon sole                 | <input type="checkbox"/> Pike            |
| <input type="checkbox"/> Sardines         | <input type="checkbox"/> (Common) sole              | <input type="checkbox"/> Carp            |
| <input type="checkbox"/> Cod              | <input type="checkbox"/> Flounder                   | <input type="checkbox"/> Perch           |
| <input type="checkbox"/> Turbot           | <input type="checkbox"/> Coregonus (blue whitefish) | <input type="checkbox"/> Salvelinus/char |
| <input type="checkbox"/> Anchovies        | <input type="checkbox"/> Monkfish                   | <input type="checkbox"/> Surimi          |
| <input type="checkbox"/> Zander           | <input type="checkbox"/> Caviar                     | <input type="checkbox"/> Lobster         |
| <input type="checkbox"/> Octopus/Calamari | <input type="checkbox"/> Scallops                   | <input type="checkbox"/> Oysters         |
| <input type="checkbox"/> Crab             | <input type="checkbox"/> Shrimps/Prawns/Scampi      |  |
| <input type="checkbox"/> _____            |   |  |

7) How many times in the past six months did you eat walnuts?

- |  |   |
|--|---|
| <input type="checkbox"/> Never                 | <input type="checkbox"/> Twice a week           |
| <input type="checkbox"/> Less than one a month | <input type="checkbox"/> 3-4 times per week     |
| <input type="checkbox"/> Once a month          | <input type="checkbox"/> 5-6 times per week     |
| <input type="checkbox"/> 2-3 times per month   | <input type="checkbox"/> Once a day             |
| <input type="checkbox"/> Once a week           | <input type="checkbox"/> Multiple times per day |

→ If your answer was NEVER, go to question 9.

8) If you ate walnuts, how many did you eat?

- Less than 10 nut halves (< 30 grams)
- 10-20 nut halves (30-60 grams)
- More than 20 nut halves (> 60 grams)

9) How many times in the past six months have you used rapeseed oil?

- |  |   |
|--|---|
| <input type="checkbox"/> Never                 | <input type="checkbox"/> Twice a week           |
| <input type="checkbox"/> Less than one a month | <input type="checkbox"/> 3-4 times per week     |
| <input type="checkbox"/> Once a month          | <input type="checkbox"/> 5-6 times per week     |
| <input type="checkbox"/> 2-3 times per month   | <input type="checkbox"/> Once a day             |
| <input type="checkbox"/> Once a week           | <input type="checkbox"/> Multiple times per day |

→ If your answer was NEVER, go to question 11.

- 10) If you used rapeseed oil, how much of it did you use?
- Less than a teaspoon
  - 1-2 teaspoons
  - 1 tablespoon
  - 1-2 tablespoons
  - More than two tablespoons
- 11) How many times in the past six months did you eat flaxseed?
- Never
  - Twice a week
  - Less than one a month
  - 3-4 times per week
  - Once a month
  - 5-6 times per week
  - 2-3 times per month
  - Once a day
  - Once a week
  - Multiple times per day
- If your answer was NEVER, go to question 13.
- 12) If you ate flaxseed, how much of it did you eat?
- Less than a teaspoon
  - 1-2 teaspoons
  - 1 tablespoon
  - 1-2 tablespoons
  - More than two tablespoons
- 13) How many times in the past six months did you use linseed oil?
- Never
  - Twice a week
  - Less than one a month
  - 3-4 times per week
  - Once a month
  - 5-6 times per week
  - 2-3 times per month
  - Once a day
  - Once a week
  - Multiple times per day
- If your answer was NEVER, go to question 15.
- 14) If you used linseed oil, how much of it did you use?
- Less than a teaspoon
  - 1-2 teaspoons
  - 1 tablespoon
  - 1-2 tablespoons
  - More than two tablespoons

15) How many times in the past six months did you eat chia seeds?

- Never  Twice a week
- Less than one a month  3-4 times per week
- Once a month  5-6 times per week
- 2-3 times per month  Once a day
- Once a week  Multiple times per day

→ If your answer was NEVER, go to question 17.

16) If you ate chia seeds, how much of them did you eat?

- Less than a teaspoon
- 1-2 teaspoons
- 1 tablespoon
- 1-2 tablespoons
- More than two tablespoons

17) How many times in the past six months did you use vegetable margarine?

- Never  Twice a week
- Less than one a month  3-4 times per week
- Once a month  5-6 times per week
- 2-3 times per month  Once a day
- Once a week  Multiple times per day

→ If your answer was NEVER, go to question 20.

18) If you used vegetable margarine, how much of it did you use?

- Less than a teaspoon
- 1-2 teaspoons
- 1 tablespoon
- 1-2 tablespoons
- More than two tablespoons

19) Which margarine (brand and product) did you use?

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20) Have you taken an omega-3 fatty acid supplement or a fish oil supplement at least once a week in the last six months?

No

Yes

→ If your answer was NO, go to question 23.

21) How many times did you take the supplement or fish oil?

Once per week

2-3 times per week

4-5 times per week

daily

Multiple times per day

22) Please write down the name and brand (dose if known) of the products:

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23) Have you consumed an omega-3 enriched products in the past six months that was not mentioned in the questionnaire?

No

Yes

→ If your answer was NO, the questionnaire ends here for you.

24) Which product did you consume and how often did you consume it?

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If you have any comments about the questionnaire in general or about your diet in the last six months, you can write them down here:

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