

Name/ code .....

*Please specify number of servings of consumed products and products added to consumed dishes (not only integers, but also decimal parts of servings).*

Products	Serving size	Frequency	Number of servings
Fish and fish products	50 g (deck of cards)	monthly	
Pasta, rice, groats	100 g of cooked (2/3 of a glass)	monthly	
Bean, soybeans, peas	100 g of cooked (2/3 of a glass)	monthly	
Nuts and seeds	15 g (1 spoon)	monthly	
Grains, wheat bran and germs	10 g (1 tablespoon)	monthly	
Milk, dairy beverages, cream	250 g (1 glass)	weekly	
Rennet cheese	20 g (thin slice)	weekly	
Cottage cheese, curd cheese, fromage frais, dairy desserts	40 g (1 slice, large tablespoon)	weekly	
Egg	50 g (1 egg)	weekly	
Egg yolk	30 g (1 egg yolk)	weekly	
Liver	100 g (palm of small hand)	weekly	
Other meat and offal	100 g (palm of small hand)	weekly	
Pate	40 g (1 tablespoon, 1 slice)	weekly	
Other cold cuts	15 g (thin slice of ham, 3 slices of sausage, 1/3 of wiener)	weekly	
Bread	35 g (1 medium slice, small roll)	weekly	
Oat, wheat, rye cereals, muesli	10 g (1 tablespoon)	weekly	
Flour added to dishes	10 g (1 tablespoon)	weekly	
Corn flakes, corn crunches, puffed rice	10 g (2 tablespoons)	weekly	
Potatoes	70 g (1 medium, 3 tablespoons of puree)	weekly	
Broccoli, kale, Brussels sprouts, broad bean, asparagus, parsley, spinach	100 g (half of a glass, 1 glass of leafy vegetables)	weekly	
Zucchini, chicory, corn, red pepper, cauliflower, leek, green cabbage, parsnip, green peas, green beans, lettuce, beetroot	100 g (half of a glass, 1 glass of leafy vegetables)	weekly	
Celery, sorrel, cucumber, onion, eggplant, turnip, turnip cabbage, radish, pumpkin, carrot, tomato, red cabbage, green pepper	100 g (half of a glass, 1 glass of leafy vegetables)	weekly	
Avocado	70 g (half of medium one)	weekly	
Other fruits	100 g (half of a glass)	weekly	
Chocolate	20 g (3-4 chocolate bar squares)	weekly	

### **How to analyse responses – information only for researcher – do not show it participants**

1. The total number of servings divide per seven or per 30 days, in the case of products specified per week or per month.
2. The folate intake from each product estimate using the following equation:  
$$\text{Folate intake } (\mu\text{g}) = \text{daily number of servings} \times \text{typical folate content in 1 serving}$$
3. The total daily dietary folate intake obtain as the sum of the folate intake values from all the analysed groups of products.

### **The content of folate in one serving of a size specified in the Fol-IC-FFQ:**

Products	Serving size	Folate content/ serving ( $\mu\text{g}$ )
Fish and fish products	50 g	5
Pasta, rice, groats	100 g of cooked	12
Bean, soybeans, peas	100 g of cooked	69
Nuts and seeds	15 g	9
Grains, wheat bran and germs	10 g	21
Milk, dairy beverages, cream	250 g	11
Rennet cheese	20 g	5
Cottage cheese, curd cheese, fromage frais, dairy desserts	40 g	8
Egg	50 g	32
Egg yolk	30 g	30
Liver	100 g	317
Other meat and offal	100 g	10
Pate	40 g	14
Other cold cuts	15 g	1
Bread	35 g	12
Oat, wheat, rye cereals, muesli	10 g	7
Fluor added to dishes	10 g	5
Corn flakes, corn crunches, puffed rice	10 g	1
Potatoes	70 g	14
Broccoli, kale, Brussels sprouts, broad bean, asparagus, parsley, spinach	100 g	150
Zucchini, chicory, corn, red pepper, cauliflower, leek, green cabbage, parsnip, green peas, green beans, lettuce, beetroot	100 g	64
Celery, sorrel, cucumber, onion, eggplant, turnip, turnip cabbage, radish, pumpkin, carrot, tomato, red cabbage, green pepper	100 g	26
Avocado	70 g	43
Other fruits	100 g	15
Chocolate	20 g	2