

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), during a typical week.

Group of products	Products	Serving size	Number of servings
Dairy products	Wheat, sheep milk	300 g (large glass)	
	Milk and milk beverages (yoghurt, kefir, buttermilk, cream)	300 g (large glass)	
	Milk powder	10 g (tablespoon)	
	Condensed milk	10 g (tablespoon)	
	Camembert, brie cheese	150 g (packaging)	
	Rennet cheese	20 g (thin slice)	
	Cottage cheese	200 g (packaging)	
	Curd cheese, cream cheese spread	30 g (thin slice, tablespoon)	
	Fromage frais	150 g (packaging)	
	Processed cheese	25 g (slice, triangle serving)	
Eggs		50 g (egg)	
Meat	Offal, lamb	100 g (palm of small hand)	
	Veal		
	Other types of meat		
	Cold cuts	15 g (thin slice of ham, 1/3 of wiener)	
Fish	Cod, pollock	100 g (palm of small hand)	
	Plaice, halibut, tuna, mackerel, salmon		
	Flounder, herring, sole, sardine		
	Trout, pike, perch, eel, carp		
	Smoked eel	50 g (half of palm of small hand)	
	Other smoked fishes		
	Fish products in tins and pickled herring	50 g (half of small tin, rollmop)	
Herring in a creamy sauce	50 g (2 tablespoons)		
Fats		10 g (tablespoon)	
Cereal products	Crispbread	10 g (slice)	
	Other types of bread	30 g (slice, half of a roll)	
	Wheat bran	5 g (tablespoon)	
	Cereals, cereal grains	5 g (tablespoon)	
	Rice, pasta, groats	100 g of cooked (glass)	
Vegetables	Broccoli, spinach	100 g (half of a glass, 1 glass of leafy vegetables)	
	Radish, turnip, asparagus, broad bean, kale, green peas, chives		
	Other vegetables		
Legumes	Peas	15 g of dry (tablespoon)	
	Other dry legumes		
Potatoes		50 g (2 tablespoons of puree)	
Fruits		100 g (half of a glass)	
Nuts and seeds	Hazelnuts, peanuts	30 g (handful)	
	Other		
Beverages	Coffee, tea	250 g (glass)	
	Fruit juices, beer		
	Wine	150 g (wineglass)	
Other	Chocolate	20g (3-4 chocolate bar squares)	
	Iodine-fortified salt	5 g (teaspoon)	
	Gelatin		

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

1. The total number of servings divide per seven days.
2. The iodine intake from each product estimate using the following equation:

$$\text{Iodine intake } (\mu\text{g}) = \text{daily number of servings} \times \text{typical iodine content in 1 serving}$$
3. The total daily dietary iodine intake obtain as the sum of the iodine intake values from all the analysed groups of products.

The content of iodine in one serving of a size specified in the IODINE-FFQ:

Group of products	Products	Serving size	Iodine content/ serving (μg)
Dairy products	Whet, sheep milk	300 g	27.0
	Milk and milk beverages (yoghurt, kefir, buttermilk, cream)	300 g	10.2
	Milk powder	10 g	3.2
	Condensed milk	10 g	1.2
	Camembert, brie cheese	150 g	17.4
	Rennet cheese	20 g	6.9
	Cottage cheese	200 g	20.0
	Curd cheese, cream cheese spread	30 g	1.0
	Fromage frais	150 g	4.2
	Processed cheese	25 g	1.8
Eggs		50 g	4.7
Meat	Offal, lamb	100 g	3.3
	Veal		2.2
	Other types of meat		1.3
	Cold cuts	15 g	2.1
Fish	Cod, pollock	100 g	94.4
	Plaice, halibut, tuna, mackerel, salmon		48.6
	Flounder, herring, sole, sardine		26.3
	Trout, pike, perch, eel, carp		5.6
	Smoked eel	50 g	2.2
	Other smoked fishes		33.3
	Fish products in tins and pickled herring	50 g	23.9
	Herring in a creamy sauce	50 g	3.9
Fats		10 g	0.3
Cereal products	Crispbread	10 g	1.4
	Other types of bread	30 g	0.7
	Wheat bran	5 g	1.6
	Cereals, cereal grains	5 g	0.2
	Rice, pasta, groats	100 g of cooked	0.7
Vegetables	Broccoli, spinach	100 g	13.5
	Radish, turnip, asparagus, broad bean, kale, green peas, chives		5.9
	Other vegetables		2.1
Legumes	Peas	15 g of dry	2.1
	Other dry legumes		0.6
Potatoes		50 g	1.5
Fruits		100 g	1.6

Nuts and seeds	Hazelnuts, peanuts	30 g	15.0
	Other		4.1
Beverages	Coffee, tea	250 g	2.5
	Fruit juices, beer		1.5
	Wine	150 g	52.5
Other	Chocolate	20g	0.8
	Iodine-fortified salt	5 g	114.6*
	Gelatin		0.2

*obligatory in Poland