

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
Meat	Liver (pork, beef, calf, poultry), pork kidney	100 g (palm of small hand)	
	Other pork offal, poultry stomach	100 g (palm of small hand)	
	Beef, calf, lamb, horse, goose, duck meat	100 g (palm of small hand)	
	Pork meat	100 g (palm of small hand)	
	Poultry meat	100 g (palm of small hand)	
	Broth	250 g (1 glass)	
Meat products	Blood pudding sausage	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	
	Other offal cold cuts	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	
	Loin cold cuts, ham, poultry sausages	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	
	Other sausages, wiener, smoked gammon, spam, pate, salami, brawn cold cut, bacon	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	
Eggs		50 g (1 egg)	
Fish	Sardines	50 g (deck of cards)	
	Other fish and fish products	50 g (deck of cards)	
Dairy products	Milk and milk beverages (yoghurt, kefir, buttermilk, cream)	250 g (1 glass)	
	Cottage cheese	50 g (1 thick slice, 2 tablespoons)	
	Rennet and processed cheese	25 g (1 slice, 1 triangle serving)	
Cereal products	White wheat and rye bread, bakery wares	35 g (1 slice, small roll)	
	Dark bread, wholemeal, with grains, graham bread, pumpernickel bread	35 g (1 slice, small roll)	
	Crispbread	10 g (1 slice)	
	Wheat bran, wheat germs	10 g (1 spoon)	
	Iron-fortified corn flakes and cereals	35 g (1 glass)	
	Other cereal products (uncooked)	100 g (e.g. 1 glass of pasta or oatmeal, 1/2 glass of rice or groats)	
Fruits	Fresh fruits	100 g (1 medium piece, 1 glass)	
	Dried fruits	50 g (handful)	
Vegetables	Dry legumes	100 g (1/2 of glass)	
	Other vegetables	100 g (1 medium piece, 1 glass)	
Potatoes		100 g (1 large piece)	
Fats		10 g (1 spoon)	
Nuts and seeds	Poppy, pumpkin and flaxseed	30 g (handful, 3 spoons of seeds)	
	Other nuts and seeds	30 g (handful, 3 spoons of seeds)	
Cocoa products	Cocoa	10 g (1 spoon)	
	Chocolate	20 g (1/5 of bar)	

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 iron intake from each product estimate using the following equation:

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

The content of iron in one serving of a size specified in the IRONIC-FFQ:

Group of products	Products	Serving size	Iron content/ serving (mg)
Meat	Liver (pork, beef, calf, poultry), pork kidney	100 g (palm of small hand)	13.3
	Other pork offal, poultry stomach	100 g (palm of small hand)	3.30
	Beef, calf, lamb, horse, goose, duck meat	100 g (palm of small hand)	2.60
	Pork meat	100 g (palm of small hand)	1.00
	Poultry meat	100 g (palm of small hand)	1.00
	Broth	250 g (1 glass)	0.25
Meat products	Blood pudding sausage	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	4.22
	Other offal cold cuts	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	1.35
	Loin cold cuts, ham, poultry sausages	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	0.21
	Other sausages, wiener, smoked gammon, spam, pate, salami, brawn cold cut, bacon	25 g (e.g. 1/2 of wiener, medium slice of ham, 5 slices of sausage)	0.48
Eggs		50 g (1 egg)	1.10
Fish	Sardines	50 g (deck of cards)	1.07
	Other fish and fish products	50 g (deck of cards)	0.45
Dairy products	Milk and milk beverages (yoghurt, kefir, buttermilk, cream)	250 g (1 glass)	0.37
	Cottage cheese	50 g (1 thick slice, 2 tablespoons)	0.10
	Rennet and processed cheese	25 g (1 slice, 1 triangle serving)	0.15
Cereal products	White wheat and rye bread, bakery wares	35 g (1 slice, small roll)	0.37
	Dark bread, wholemeal, with grains, graham bread, pumpernickel bread	35 g (1 slice, small roll)	0.70
	Crispbread	10 g (1 slice)	0.40
	Wheat bran, wheat germs	10 g (1 spoon)	1.20
	Iron-fortified corn flakes and cereals	35 g (1 glass)	4.30
	Other cereal products (uncooked)	100 g (e.g. 1 glass of pasta or oatmeal, 1/2 glass of rice or groats)	2.70
Fruits	Fresh fruits	100 g (1 medium piece, 1 glass)	0.65
	Dried fruits	50 g (handful)	1.28
Vegetables	Dry legumes	100 g (1/2 of glass)	6.80
	Other vegetables	100 g (1 medium piece, 1 glass)	1.10
Potatoes		100 g (1 large piece)	0.50
Fats		10 g (1 spoon)	0.20
Nuts and seeds	Poppy, pumpkin and flaxseed	30 g (handful, 3 spoons of seeds)	3.78
	Other nuts and seeds	30 g (handful, 3 spoons of seeds)	1.28
Cocoa products	Cocoa	10 g (1 spoon)	1.07
	Chocolate	20 g (1/5 of bar)	0.41