

Name/ code

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

Afterwards, please underline the most commonly chosen products from the groups of fresh and smoked fish and of fish products (1-2 products for each → indicated cell).

Group of products	Products	Serving size	Frequency	Number of servings
Fresh and smoked fish	→ Salmon, rainbow trout, herring, eel	50 g (deck of cards)	monthly	
	→ Halibut, mackerel, brook trout, sole, tuna	50 g (deck of cards)	monthly	
	→ Cod, flounder, plaice, pollock, hake, bass, zander, pike	50 g (deck of cards)	monthly	
Fish products	→ Herrings, sardines and tuna products	100 g (e.g. 2 rollmopses, small can of tuna, 2/3 of can of herrings)	monthly	
	→ Other fish products	100 g (e.g. 1/3 of can of fish stew)	monthly	
Dairy products	Milk and milk beverages (yoghurt, kefir, buttermilk, cream)	250 g (1 glass)	weekly	
	Rennet cheese	20 g (1 slice)	weekly	
	Blue and soft penicillium cheese	150 g (1 package)	weekly	
	Feta cheese	15 g (1 slice)	weekly	
	Cottage cheese	50 g (1 thick slice, 2 tablespoons)	weekly	
	Processed cheese	25 g (1 slice, 1 spoon, 1 triangle serving)	weekly	
	Homogenized cheese, dairy desert	150 g (1 package)	weekly	
	Dairy ice cream	40 g (1 scoop)	monthly	
Eggs	Egg	50 g (1 medium egg)	weekly	
	Egg yolk	20 g (1 yolk)	weekly	
Meat		100 g (palm of small hand)	weekly	
Meat products		15 g (thin slice of ham, 3 slices of sausage)	weekly	
Cereals	White wheat and confectionery bread	35 g (1 slice, small roll)	weekly	
	Cooked egg pasta	100 g of cooked (1 glass)	weekly	
Fats	Butter, butter products, pork fat	5g (1 teaspoon)	daily	
	Margarine	5g (1 teaspoon)	daily	

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 Vitamin D intake from each product estimate using the following equation:

$$\text{Vitamin D intake } (\mu\text{g}) = \text{daily number of servings} \times \text{typical vitamin D content in 1 serving}$$

3. The total daily dietary vitamin D intake obtain as the sum of the vitamin D intake values from all the analysed groups of products.

The content of vitamin D in one serving of a size specified in the VIDEO-FFQ:

Group of products	Products	Serving size	Vitamin D content per 1 serving [μg]
Fresh and smoked fish*	Salmon	50 g	7.50
	Rainbow trout	50 g	7.80
	Herring	50 g	9.50
	Eel	50 g	15.00
	Halibut	50 g	2.50
	Mackerel	50 g	2.50
	Brook trout	50 g	1.05
	Sole	50 g	4.00
	Tuna	50 g	3.60
	Cod	50 g	0.50
	Flounder	50 g	0.40
	Plaice	50 g	0.40
	Pollock	50 g	0.50
	Hake	50 g	0.50
	Bass	50 g	0.40
Zander	50 g	0.35	
Pike	50 g	0.45	
Fish products*	Herrings, sardines and tuna products	100 g	12.36
	Other fish products	100 g	0.93
Dairy products	Milk and milk beverages (yoghurt, kefir, buttermilk, cream)	250 g	0.28
	Rennet cheese	20 g	0.09
	Blue and soft penicillium cheese	150 g	0.29
	Feta cheese	15 g	0.08
	Cottage cheese	50 g	0.08
	Processed cheese	25 g	0.07
	Homogenized cheese, dairy desert	150 g	0.23
	Dairy ice cream	40 g	0.30
Eggs	Egg	50 g	0.85
	Egg yolk	20 g	0.90
Meat		100 g	0.75
Meat products		15 g	0.09
Cereals	White wheat and confectionery bread	35 g	0.06
	Cooked egg pasta	100 g	0.25
Fats	Butter, butter products, pork fat	5g	0.03
	Margarine	5g	0.31

* In the case of groups comprising fresh and smoked fish, as well as fish products, average vitamin D content in the serving should be individualised for each participant (obtained as a mean value for the indicated most commonly chosen products)