Consumption of foods containing excessive fat and sugar

How many times in a week do you consume foods, which are in the list below? Please fill your eating times on the line.

a)_____ times pizza, hamburger, kebab?

b)_____times salty pastries (*e.g.* ,meat pies, Karelian pies)?

c)_____times salty snacks (*e.g.*, potato chips, pop corns, salty peanuts)?

d)_____times sweet pastries (*e.g.*, biscuits, cakes, Danish pastries)?

f)_____times chocolates?

g)_____times candies?

h)_____times sweetened juice?

i)_____times sweetened soft drinks (*e.g.,* Coca-Cola©, Fanta©, Sprite©)