

**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<sup>®</sup>, Fanta<sup>®</sup>, Sprite<sup>®</sup>)