

## Appendix 2. English Translation of the Food Frequency Questionnaire Used to Collect Dietary Information From the Study, “Determinants of Mammographic Density in Spain” (Determinantes de la Densidad Mamográfica en España)

### FOOD FREQUENCY QUESTIONNAIRE OF DDM-SPAIN

Dear Madame, the aim of this part of the questionnaire is to assess your diet in the past year. Your answers will be very useful and that is why we demand you all your attention and collaboration. When a type of food does not match complete your consumption pattern you can try to answer approximately with the indicated quantities. We will help you with examples and instructions.

For each type of food, please average your use of these foods in the past year. You must take into account when food is to consume alone or when it is to add to other foods. For example, if you prepare eggs consider when you eat them alone (E.g. fried or boiled) and when you add them to another food. If you have eaten a 2-eggs omelet every two days you will answer "1 daily". Do not take into account the eggs used to prepare baked goods or sweets.

**Do not forget to fill up every line**

I. DAIRY PRODUCTS		Never ó <1 month	1-3 per mo	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Milk (One glass, 200 cc)	Whole	1	2	3	4	5	6	7	8	9
	Semi-skimmed	1	2	3	4	5	6	7	8	9
	Skimmed or low fat	1	2	3	4	5	6	7	8	9
	Other milk: with Soy	1	2	3	4	5	6	7	8	9
	with Omega-3	1	2	3	4	5	6	7	8	9
	with Calcium and vitamins A+D	1	2	3	4	5	6	7	8	9
	with Folate	1	2	3	4	5	6	7	8	9
Condensed milk (1 table spoon)		1	2	3	4	5	6	7	8	9
Full cream, e.g. added coffee, whipped (1 table spoon)		1	2	3	4	5	6	7	8	9
Full fat or Greek yogurt (125 g carton)		1	2	3	4	5	6	7	8	9
Low fat yogurt (125 g carton)		1	2	3	4	5	6	7	8	9
Soy yogurt (125 g carton)		1	2	3	4	5	6	7	8	9
Cottage cheese, low fat soft cheese (medium serving, 100 g)		1	2	3	4	5	6	7	8	9
Cheese e.g. Cheddar, Brie, Edam (medium serving, 50 g)		1	2	3	4	5	6	7	8	9
Custard, cream caramel, pudding (one)		1	2	3	4	5	6	7	8	9
Ice cream (1 cup or cornet)		1	2	3	4	5	6	7	8	9
II. EGGS, MEAT, FISH		Never ó <1 month	1-3 per mo	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Poultry eggs (one)		1	2	3	4	5	6	7	8	9
Chicken WITH skin (one medium size serving, 90 g)		1	2	3	4	5	6	7	8	9
Chicken WITHOUT skin (one medium size serving, 90 g)		1	2	3	4	5	6	7	8	9
Meat as main dish: roast, steak, mince, stew or casserole (one medium size serving, 125g)	Beef	1	2	3	4	5	6	7	8	9
	Pork	1	2	3	4	5	6	7	8	9
	Lamb	1	2	3	4	5	6	7	8	9
Game: rabbit, quail, duck (one medium size serving, 100g)		1	2	3	4	5	6	7	8	9
Hamburger (one medium, 100 g)		1	2	3	4	5	6	7	8	9
Liver beef, pork, chicken (one medium serving, 100g)		1	2	3	4	5	6	7	8	9

Trips, brains, sweetbreads (one serving, 100 g)	1	2	3	4	5	6	7	8	9
Serrano or cocked ham (one serving, 50 g)	1	2	3	4	5	6	7	8	9
Other Cold meat: salami type sausage, salami, bologna (one serving, 50 g)	1	2	3	4	5	6	7	8	9
Sausages and similar (one, 50 g)	1	2	3	4	5	6	7	8	9
Pâté, liver pâté (medium serving, 50 g)	1	2	3	4	5	6	7	8	9
Pork fat (lard), bacon (2 slides, 50 g)	1	2	3	4	5	6	7	8	9
Fish fried and mixed (1 medium serving, 100 g)	1	2	3	4	5	6	7	8	9
White fish fried or grilled fish: haddock, sole, gilthead (1 serving, 100 g)	1	2	3	4	5	6	7	8	9
Blue fish boiled or grilled: tuna fish, swordfish, bonito (1 serving, 100 g)	1	2	3	4	5	6	7	8	9
Other dark meat fish: mackerel, sardines, anchovy, salmon (1 serving, 100 g)	1	2	3	4	5	6	7	8	9
Canned tuna fish in oil (small can)	1	2	3	4	5	6	7	8	9
Canned sardines or mackerel in oil (small can)	1	2	3	4	5	6	7	8	9
Salted fish and/or smoked fish: anchovy, cod, salmon (small serving, 50g)	1	2	3	4	5	6	7	8	9
Clams, mussels, oysters (one serving, 100 g)	1	2	3	4	5	6	7	8	9
Squid, sepia, octopus (one serving, 100 g)	1	2	3	4	5	6	7	8	9
Shellfish: prawns, crabs, lobster (one serving 100 g)	1	2	3	4	5	6	7	8	9
<b>III. VEGETABLES AND LEGUMES</b>	Never ó <1 month	1-3 per mo	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Spinach or beet, cooked (1 medium serving, 100 g)	1	2	3	4	5	6	7	8	9
Cabbage, cauliflower, broccoli, cooked (1 medium serving, 100 g)	1	2	3	4	5	6	7	8	9
Lettuce, green salad (1 medium serving, 60 g)	1	2	3	4	5	6	7	8	9
Onions (1 medium size, 50 g)	1	2	3	4	5	6	7	8	9
Tomatoes (1 medium size, 100 g)	1	2	3	4	5	6	7	8	9
Tomato juice (one glass, 200cc)	1	2	3	4	5	6	7	8	9
Tomato sauce (half a cup, 100 cc)	1	2	3	4	5	6	7	8	9
Carrot, pumpkin (1 or small dish, 50 g)	1	2	3	4	5	6	7	8	9
French been, cooked (1 serving, 100 g)	1	2	3	4	5	6	7	8	9
Aubergine, marrow, cucumber (one, 100 g)	1	2	3	4	5	6	7	8	9
Peppers (one, 75 g)	1	2	3	4	5	6	7	8	9
Artichokes (1 serving, 100 g)	1	2	3	4	5	6	7	8	9
Asparagus (1 serving, 75 g)	1	2	3	4	5	6	7	8	9
Mushrooms (1 serving, 100 g)	1	2	3	4	5	6	7	8	9
Sweet corn (1 serving or small can, 82 g)	1	2	3	4	5	6	7	8	9
Soya sprouts (a handful, 30g)	1	2	3	4	5	6	7	8	9
Wheat germ (a handful, 10g)	1	2	3	4	5	6	7	8	9
Legumes: lentils, chickpeas, dark or white beans (1 medium dish, 140 g)	1	2	3	4	5	6	7	8	9
<b>IV. FRUITS</b>	Never ó <1 month	1-3 per mo	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Oranges, mandarins (one)	1	2	3	4	5	6	7	8	9
Orange juice, fresh fruit (small glass, 125 cc)	1	2	3	4	5	6	7	8	9
Bananas (one)	1	2	3	4	5	6	7	8	9
Apple, pears (one medium size)	1	2	3	4	5	6	7	8	9
Peaches, apricots (one medium size)	1	2	3	4	5	6	7	8	9
Watermelon, melon (1 slice medium)	1	2	3	4	5	6	7	8	9
Grapes (medium bunch of grapes or dessert dish)	1	2	3	4	5	6	7	8	9
Prunes, plum, dried or fresh (one)	1	2	3	4	5	6	7	8	9
Strawberries (7-8 units)	1	2	3	4	5	6	7	8	9

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Kiwi (one)	1	2	3	4	5	6	7	8	9
Olives (15 small olives)	1	2	3	4	5	6	7	8	9
Dried fruit: almonds, peanuts, pinions, hazelnut (1 small dish or small packet, 30g)	1	2	3	4	5	6	7	8	9
<b>V. BREAD, CEREALS AND SIMILAR</b>	Never ó <1 month	1-3 per mo	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
White bread (small piece or 3 slides, 60 g)	1	2	3	4	5	6	7	8	9
Brown or whole bread (small piece or 3 slides, 60 g)	1	2	3	4	5	6	7	8	9
Breakfast cereals (30 g dried, 1 cup)	1	2	3	4	5	6	7	8	9
Chips (fried potatoes in oil) (1 serving, 100 g)	1	2	3	4	5	6	7	8	9
Potatoes: boiled, grilled (1 medium)	1	2	3	4	5	6	7	8	9
Chips (1 small bag, 25-30 g)	1	2	3	4	5	6	7	8	9
Rice cooked (1 medium dish)	1	2	3	4	5	6	7	8	9
Pasta: spaghetti, noodles, macaroni and similar (1 dish)	1	2	3	4	5	6	7	8	9
Pizza (1 portion, 200 g)	1	2	3	4	5	6	7	8	9
<b>VI. OILS, FAT AND SWEETS</b>	Never ó <1 month	1-3 per mo	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Olive oil added to salads, bread or food (1 table spoon)	1	2	3	4	5	6	7	8	9
Other vegetables oils (idem): girasol, corn, soy (1 1 table spoon)	1	2	3	4	5	6	7	8	9
Margarine added to bread or food (1 1 table spoon or spread on bread)	1	2	3	4	5	6	7	8	9
Butter added to bread or meals (spread butter on bread)	1	2	3	4	5	6	7	8	9
Biscuits (one)	1	2	3	4	5	6	7	8	9
Chocolate cookies (1 double cookie)	1	2	3	4	5	6	7	8	9
Baked goods: croissant, donut, small sponge cake, brownies, cake or similar (one)	1	2	3	4	5	6	7	8	9
Chocolate and similar (1 piece or candy bar or 2 chocolates)	1	2	3	4	5	6	7	8	9
Drinking chocolate, cocoa and similar (1 tbs of powder)	1	2	3	4	5	6	7	8	9
<b>VII. DRINKS AND OTHERS</b>	Never ó <1 month	1-3 per mo	1 per week	2-4 per week	5-6 per week	1 per day	2-3 per day	4-5 per day	6+ per day
Red wine (1 glass, 125 cc)	1	2	3	4	5	6	7	8	9
White, rose or sparkling wine and champagne (1 glass, 125 cc)	1	2	3	4	5	6	7	8	9
Sherry, dry wine, vermouth (small glass, 50 cc)	1	2	3	4	5	6	7	8	9
Cider (1 glass, 125 cc)	1	2	3	4	5	6	7	8	9
Beer (1 glass or small bottle, 200 cc)	1	2	3	4	5	6	7	8	9
No-alcohol beer (1 glass or small bottle, 200 cc)	1	2	3	4	5	6	7	8	9
Fruit and cream spirits (20-25°) (small glass, 50 cc)	1	2	3	4	5	6	7	8	9
Brandy, gin, rum, whiskey, vodka 40° (small glass, 50 cc)	1	2	3	4	5	6	7	8	9
Sugar-sweetened soft drinks (one, 250 cc)	1	2	3	4	5	6	7	8	9
Diet soft drinks (one, 250 cc)	1	2	3	4	5	6	7	8	9
Tap water (one glass, 250cc)	1	2	3	4	5	6	7	8	9
Still bottled water (one glass, 250cc)	1	2	3	4	5	6	7	8	9
Sparkly bottled water (one glass, 250cc)	1	2	3	4	5	6	7	8	9
Bottled fruit juice (one glass, 200cc)	1	2	3	4	5	6	7	8	9
Coffee (1 cup)	1	2	3	4	5	6	7	8	9
Decaffeinated coffee (1 cup)	1	2	3	4	5	6	7	8	9
Red, green, blank of green tea (1 cup)	1	2	3	4	5	6	7	8	9
Other teas like chamomile or mint (1 cup)	1	2	3	4	5	6	7	8	9
Vegetable soup and puree (1 serving, 250 g)	1	2	3	4	5	6	7	8	9
Serrano ham or chicken croquettes (one)	1	2	3	4	5	6	7	8	9

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Fish fingers (one)	1	2	3	4	5	6	7	8	9
Mayonnaise (1 1 table spoon)	1	2	3	4	5	6	7	8	9
Ketchup (1 1 table spoon)	1	2	3	4	5	6	7	8	9
Added salt (1 pinch)	1	2	3	4	5	6	7	8	9
Garlic (1 clove)	1	2	3	4	5	6	7	8	9
Jam, honey (1 1 table spoon)	1	2	3	4	5	6	7	8	9
Added sugar (1 tea spoon)	1	2	3	4	5	6	7	8	9
Added spices (1 tea spoon)	1	2	3	4	5	6	7	8	9