

Appendix

Example of how the meal order during a typical week was self-reported by the participants in the Malmö Diet and Cancer study, including instructions to participants. The daily eating frequency was calculated from the total number of meals per week.

Meal Intake

Describe in broad terms the meals including snacks that you usually eat/drink during one day. Note the name of the meal, the time of the meal, what it consist of, and how many times per week you usually eat this meal. If Saturday and Sunday are significantly different from weekdays, you can report two meal orders. See example.

Monday-Friday	Meal name	Time (approx.)	What it consist of?	How many times per week?
	Breakfast	6.30	Coffee + 2 sandwiches	5
	Before lunch	Approx. 10	Fruit or biscuit with tea	5
	Lunch	12	cooked meal, bread, beer	5
	Afternoon coffee	14	coffee + sweet roll	5
	Dinner	18	3-4 sandwiches with different spreads	5
	Evening tea	20	tea + small cake (Friday night drink, cheese, or shrimps)	4 + 1
Saturday-Sunday	Meal name	Time (approx.)	What it consist of?	How many times per week?
	Breakfast	8	Coffee, porridge, sandwich, juice	2
	Morning coffee	10.30	coffee + cake	2
	Lunch	12	sandwiches + beer	2
	Afternoon coffee	15	coffee + pastry	2
	Dinner	18	cooked meal, dessert, wine on Saturdays	2
	Evening tea	20	tea + biscuits	2