Ministerio de
Ciencia, Tecnología
e Innovación Productiva
Presidencia de la Nación

CENEXA
CONICET
U N L P

SANOFI

PRIMARY PREVENTION OF TYPE 2 DIABETES IN ARGENTINA

Food Questionnaire

ID (last 4 digits):………………..…..……..…   **Food intake day:** …..../…..../………...

Sex: Female / Male   **Age:** ………………..

Foods	Type (circle)	One serving equal	Servings/day (0, 1/2, 1, 2, …)
Bakery bread	regular / unsalted	1 mignon (50 g)	
Thin loaf, white or whole	regular/unsalted	1 slice	
Plain scones (pondria solo scones)		1 unit	
Cookies	Simple/Stuffed	1 unit	
Others cookies, rice crackers	regular/unsalted	1 unit	
Croissants, donuts cake, sponge cake	Stuffed/ unstuffed	1 unit/ 1 serving	
Jelly, jam, honey		1 tsp	
Caramel		1 tablespoon	
Sugar (Add which adds to mate, tea, coffee ...)		1 tsp	
Milk, yogurt	whole / skim	1 cup (200 cc)	
Flan, Pudding	regular / light	1 dessert dish (150 g)	
Spredeable cheese	regular/light	1 tsp	
Soft and medium cheese	regular / light	1 slice (30 g)	
Grated cheese	regular / light	1 tablespoon	
Egg		1 unit	
Topside, round roll, pointof rump, rump, tenderloin, lean minced meat, tripe, kidney, liver,			
Breaded steak			
Minced meat and other meats	boneless/ with bone	Hand size serving or 150 g	
Chicken	with skin/ skinless		
Pork, Lamb			
Fresh fish	sea fish / river fish		
Canned fish: tuna, sardines, mackerel, horse mackerel	in water/ in oil	1 small can (120 g)	
Sausages		1 unit	
Chorizo, morcilla		1 unit	
Cooked ham		1 slice (20 g)	
Raw ham		1 slice (15 g)	
Mortadella, salami, salami, pork tenderloin, salame		20g: 1 slice / 2 salami slices	
Potato, sweet potato		1 cup or 1 medium unit	
Other raw or cooked vegetables		1 cup	
French fries		1 cup	

Before proceeding, please check if you completed the options in the second column and the number of servings consumed in the fourth column.

Foods	Type (circled)	Une serving equal	Servings/day (0, 1/2, 1, 2, …)
Pizza	muzzarella/special	1 serving	
Pie	ham and cheese /vegetables/other	1 serving	
Empanada	ham and cheese/vegetabes/ beef o r chicken	1 unit	
Lentils, split peas, chick peas, corn	canned/ fresch or dry	1 cup, cooked	
Rice, cornmeal, noodles			
Ravioli, other stuffed pasta		1 plate	
Cream milk		1 tablespoon	
Butter, pork fat, beef fat		1 tsp	
Margarine		1 tsp	
Mayonnaise or golf sauce	regular / light	1 tablespoon	
Commercial tomato sauces, Portuguese, Pomarola		1 tablespoon	
Mustard, ketchup, soy sauce		1 tablespoon	
Commercial powdered soup	regular /light	1 envelope	
Broth or buillon (cubes)		1/2 cube or 1 tsp	
Olives		1 unit	
Almonds, walnuts, unsalted peanuts, avocado, other		1 tablespoon	
Chips, chizitos, pretzels, salted peanuts		1 bunch (30 g)	
Fruits	fresh/canned	1 unit or 1 cup	
Candies	regular/ light	1 unit	
Ice cream	cream/water	1 scoop (100 g)	
Alfajor, chocolate		1 unit o 1 bar	
Water / tea / mate / coffee		1 glass (200 cc)	
Soda, juice, gelatin	regular / light	1 glass (200 cc)	
Wine		1 cup (150 cc)	
Beer, apperitifs		1 glass (200 cc)	
Liqueur		1 medida (30 cc)	
Spirits (distilled) beverages		1 measure (50 cc)	
Approximately how much oil did you eat today with your meal?	olive / sunflower or other	1 tsp	
Today, did you use salt in your meals? (Not counting your family)			Yes/ not
What type of salt did you use?	no / salt / sea salt / salt with less sodium / salt without sodium		
Approximately how much salt did you consume?	nothing / 1/2 tsp / 1 tsp / more than 1 teaspoon		

After you finished the survey, check carefully to see if you did not forget to record some food (fourth column) and if you performed the activity in the second column.