

Dietary fat quality (translated from Finnish version (2010), created by Finnish Heart Association)

Choose the option, which reflects best of your diet.

1. I usually spread on my bread...
 - butter or blended spread (*e.g., Oivariini, Lahden leipälevite, Makuisa.*) **0**
 - margarine $\geq 60\%$ (*e.g., Becel, Keiju, Flora*) **6**
 - low-fat blend with vegetable fat (*e.g., Light Becel, Becel Pro Activ, Benecol, Oivariini Balansia*) **6**
 - blend $\leq 40\%$ (*e.g., Light Levi*). **3**
 - nothing **0**

2. I usually choose on my bread...
 - cream cheese (*e.g., Turunmaa, Oltermanni*), edam- or emmental cheese, or processed cheese (*fat content over 17 %, e.g., Olympia, Koskenlaskija*) **0**
 - low-fat cheese or low-fat processed cheese (*fat content not more than 17 %, e.g., Oltermanni 17%, Kadett*) **1**
 - cheese with vegetable fat (*e.g., Julia, Julius, Oliivi Edami, Omega Edami*) **2**
 - I don't use cheese **2**

3. I usually use cold cuts, which are...
 - salami **0**
 - sausages (*e.g., Balkan or Lauantai, sausage liver, or lenkki*) **0**
 - low-fat cold cuts (*fat content about 10%*) **1**
 - ham, turkey cold cuts, cooked ham, or aspic **2**
 - I don't use cold cuts **2**

4. I eat fatty foods at the main meal (*e.g., lasagne, pizza, sausage or fatty meat sauce*)...
 - almost a daily **0**
 - couple times in a week **1**
 - about once in a week, rarely, or not at all **3**

5. I drink or eat dairy products, which are...
 - mostly fatty dairy products (*e.g., A-sour milk, Bulgarian yoghurt, soured whole milk, or whole milk*) **0**
 - mostly low-fat dairy products (*e.g., light milk and light soured whole milk*) **1**
 - mostly non-fat or very low-fat dairy products (*e.g., skimmed milk or fat-free yoghurt or vegetable yoghurt*) **3**
 - I don't use dairy products **3**

6. I use or eat foods, which are cooked by using...
- cooking oil or fluid margarine 2
 - margarine in container 2
 - margarine for baking 1
 - butter or blend 0
 - I do not use margarine/butter/oil 2
7. I use or eat foods and pastries, which are cooked by using...
- cream, sour cream (*fat content over 15%*) 0
 - low-fat options of cream and sour cream (*fat content not more than 15%, e.g., light sour cream, Crème Bonjour Cuisine*) 1
 - cream for food preparation, with vegetable fat (*e.g., Becel 7%, Flora 7%, GoGreen*) 2
 - I don't use cooking creams or products 2
8. I usually use salad dressings, which are...
- dressing, with vegetable fat (*e.g., french dressing or mustard dressing*) 4
 - mayonnaise (*e.g., Rhode Island*) 3
 - sour cream or yoghurt dressing 0
 - soft dressing or not at all 0
9. I eat pastries or other fatty foods (*e.g., Danish pastries, cakes, pies, chocolates, ice cream*)
- a daily or almost a daily 0
 - a couple times in a week 1
 - once in a week or rarely 3