

**General questions**

1. Age:
2. Sex:
  - a. Female
  - b. Male
3. Height:
4. Weight:

**Section 1: Buckwheat products**

1. Do you consume buckwheat products? If no, please go to the next section.
  - a. Yes
  - b. No
2. Please check the appropriate answer.

Type of product	The frequency of consumption						
	I do not consume	A few times a day	Once a day	A few times a week	Once a week	Once a month	Less than once a month
Roasted buckwheat groats							
Buckwheat groats							
Buckwheat pasta							
Buckwheat flour							
Buckwheat flakes							
Expanded buckwheat groats							

3. Please estimate the quantity of buckwheat products consumed at one time (the quantity refers to the raw product; 1 portion of the product= 50 g or ½ bag).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Roasted						

buckwheat groats						
Buckwheat groats						
Buckwheat flakes						
Buckwheat flour						

4. Please estimate the quantity of buckwheat pasta consumed at one time (the quantity refers to the raw product; 1 portion of the product= 1 glass= 80 g).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Buckwheat pasta						

5. Please estimate the quantity of expanded buckwheat groats consumed at one time (the quantity refers to the raw product; 1 portion of the product= one glass= 15 g).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Expanded buckwheat groats						

## **Section 2: Millet products**

- Do you consume millet products? If no, please go to the next section.
  - Yes
  - No
- Please check the appropriate answer.

Type of product	The frequency of consumption						
	I do not consume	A few times a day	Once a day	A few times a week	Once a week	Once a month	Less than once a month
Millet groats							

Millet flour							
Millet flakes							
Expanded millet groats							

3. Please estimate the quantity of millet products consumed at one time (the quantity refers to the raw product; 1 portion of the product= 50 g or ½ bag).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Millet groats						
Millet flour						
Millet flakes						

4. Please estimate the quantity of expanded millet consumed at one time (the quantity refers to the raw product; 1 portion of the product= 1 glass= 15 g).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Expanded millet groats						

### **Section 3: Quinoa**

1. Do you consume quinoa grains? If no, please go to the next section.
  - a. Yes
  - b. No
2. Please check the appropriate answer.

Type of product	The frequency of consumption						
	I do not consume	A few times a day	Once a day	A few times a week	Once a week	Once a month	Less than once a month
White quinoa							
Black quinoa							

Red quinoa							
Tricolor quinoa							

3. Please estimate the quantity of quinoa consumed at one time (the quantity refers to the raw product; 1 portion of the product= 1/2 bag= 50 g).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
White quinoa						
Black quinoa						
Red quinoa						
Tricolor quinoa						

#### **Section 4: Corn products**

1. Do you consume corn products? If no, please go to the next section.
  - a. Yes
  - b. No
2. Please check the appropriate answer.

Type of product	The frequency of consumption						
	I do not consume	A few times a day	Once a day	A few times a week	Once a week	Once a month	Less than once a month
Corn groats							
Corn flour							
Corn pasta							
Corn crisps							
Corn cakes							
Popcorn							

3. Please estimate the quantity of corn products consumed at one time (the quantity refers to the raw product; 1 portion of the product= 50 g or ½ bag).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Corn groats						
Corn flour						

4. Please estimate the quantity of corn pasta consumed at one time (the quantity refers to the raw product; 1 portion of the product= 1 glass= 80 g).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Corn pasta						

5. Please estimate the quantity of expanded corn products consumed at one time (1 portion of the crisps or popcorn= 1 handful; 1 portion of cakes= 1 cake).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Corn crisps						
Corn cakes						
Popcorn						

### **Section 5: Oat products**

1. Do you consume oat products? If no, please go to the next section.
  - a. Yes
  - b. No
2. Please check the appropriate answer.

Type of product	The frequency of consumption						
	I do not consume	A few times a day	Once a day	A few times a week	Once a week	Once a month	Less than once a month
Oat flakes							
Oat flour							
Oat bran							
Oat groats							

3. Please estimate the quantity of oat products consumed at one time (the quantity refers to the raw product; 1 portion of the product= 50 g or ½ bag).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Oat flakes						
Oat groats						
Oat flour						

4. Please estimate the quantity of oat bran consumed at one time (1 portion of the product= 1 spoon = 7 g).

Type of product	The portion size					
	Not applicable	1/2 portion	1 portion	2 portions	3 portions	4 portions and more
Oat bran						