

### Appendix 3: 7-days food diary

Last name:

First name:

DATE	DAY OF THE WEEK	BREAKFAST + SECOND BREAKFAST	LUNCH	DINNER	SNACKS: afternoon snack or evening snack
23.01.2023	Monday				
24.01.2023	Tuesday				
25.01.2023	Wednesday				
26.01.2023	Thursday				
27.01.2023	Friday				
28.01.2023	Saturday				
29.01.2023	Sunday				

*Comments:*

1. Please, write down in the appropriate cell of the table everything that you ate during the meal in as much detail as possible.

2. The “Soup” food element should be written as follows: ingredient + ingredient + ingredient, for example, potatoes + carrots + onions + chicken broth, etc.

3. The “Main dish” food element should be written as follows: ingredient + ingredient + ingredient, for example, rice + meat + onions + sauerkraut, etc.

4. The “Porridge” food element should be written as follows: ingredient + ingredient + ingredient, for example, oatmeal + apple + honey, etc.

5. The “Ragout” food element should be written as follows: ingredient + ingredient + ingredient, for example, potatoes + chicken meat + carrots + onions, etc.

6. The “Salad” food element should be written as follows: ingredient + ingredient + ingredient, for example, boiled potatoes + boiled chicken meat + boiled carrots + mayonnaise, etc.

7. Bread and bakery products can be written as is, for example, a piece of rye bread, a piece of white bread, a bun, etc.

8. Liquids can be written as is, for example, tea, juice, milk, kefir, water, coffee, chicory, etc.