

FFQ	F ood F requency Q uestionnaire
Authors	Questionnaire development: prof. dr hab. Lidia Wądołowska Questionnaire validation: prof. dr hab. Lidia Wądołowska, dr Małgorzata Anna Słowińska, mgr Dariusz Słowiński, dr Anna Waluś
About questionnaire	<p>The FFQ questionnaire is a semi-qualitative food intake frequency questionnaire.</p> <p>FFQ is an advanced tool that enables the evaluation of frequency (times/person/day) and amount (g/person/day) of food consumed during a year.</p> <p>At the moment the validation studies take place. Their aim is to develop a procedure enabling estimation of energy and nutritive value of daily diet.</p> <p>The main part of the FFQ questionnaire contains questions on the habitual intake frequency of 165 products and their amount. The frequency of products consumption is determined by respondents by free pointing on habitual intake frequency during a day, week, month and year (open questions). The amount of products is described in grams or pieces (eggs) on the basis of photographs in "Album of products and dishes photographs" [Szponar et al., 2000].</p> <p>List of products and their division into 165 groups of consumed food products were developed on the basis of:</p> <ul style="list-style-type: none"> · analysis of food intake structure by Poles, · own studies on food intake, · pilot studies, · literature review on development and validation of nutritional questionnaires [i.a. Hu et al., 1999; Jędrychowski, 1982; Lee et al., 2002; Pisani et al., 1997]. <p>For further analysis products can be combined into smaller groups (usually 44), which facilitates later separation of specific nutritional habits.</p> <p>An integral part of the FFQ questionnaire consists of questions on eating habits, i.a. meals intake frequency and snacking between meals.</p> <p>Moreover the questionnaire contains the so called metric (i.a. sex, age, education, place of living) and questions on socio-economic situation and lifestyle (i.a. physical activity, smoking).</p>
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