

FIVEQ	Food Intake Variety Questionnaire = 5Q
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About questionnaire	<p>The FIVEQ questionnaire is a semi-qualitative food intake frequency questionnaire.</p> <p>FIVEQ is an easy tool that enables the evaluation of habitual food consumption during a week and showing people eating or not eating chosen food in a particular amount/week.</p> <p>The main part of the FIVEQ questionnaire concerns the frequency of consumption (yes/no) during last seven days of indicated 63 food groups, being already after the thermal treatment, ("ready to eat"), in the amount usually bigger than 2 table spoons or 7 bread slices or 7 glasses. Thus we can get information if product was eaten in quantities bigger than vestigial. The list of products and their division into 63 food groups 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, • work of Horwath et al. [1999], • food composition tables [Kunachowicz et al., 1998, 2005], • experience of our research team in developing food questionnaires [Czarnocińska & Wądołowska, 2006; Szymelfejnik et al., 2006; Wądołowska, 2005], • literature review on development and validation of nutritional questionnaires [i.a. Cade et al. 2001; Hu et al., 1999; Lee et al., 2002; Pisani et al., 1997; Shu et al., 2004]. <p>Moreover the questionnaire contains the so called metric (i.a. sex, age, place of living) and questions on socio-economic situation, i.a. on total monthly income of household and the mean amount of money spent on food and non-alcoholic drinks during a week.</p>
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