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 = R O W D Q 3 H W K |.

Each one of the nice memories I have collected during the years I have lived in Sweden has been created by a friend, including but not limited to: \$ Q D K L \$ W R D D D Y V W H and 0 R K V H Q L WDDU %. HLR Q D Q O I6 Q D )HDJ K L L E H K J ' D ) H G H U, L\*FKDD ] /DDOJ HD KQ] LL\$ -VRVDDGQDDW G' R, Q D \*K KU DR ]NLK 6 K D K P R U DD KG V] ,D G D H Q, LW] DnH IK D V, H D, G (L D HU V B P D V , U ,D OY DD UQd LD D K Q D, ]0 D1 UL \NDSPR0 X=UL D PHL D DG, % R Q \ 0 L KnDQ 6HDDE L Q B R X VDP R -LHDD YD H K B K U D K Q L D U \$ family, 6 H V H R K D P P D G , 6 H R U S K V H W H K Q D I Q M D G 3 / D X . Thank you all for your wonderful friendship!

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## 12 APPENDICES

### 12.1 APPENDIX 1. FOOD ITEMS INCLUDED IN THE SFFQ IN SNAC-K

Food groups	Food items
Vegetables, total (incl. potatoes)	Tomato; cucumber; carrot, other root veg (e.g. turnip, parsnip); white and red cabbage; lettuce, Chinese cabbage; spinach, kale or borecole; cauliflower, Brussels sprouts, broccoli; mushrooms; frozen vegetable mix; vegetable casseroles; vegetable gratin; cooked/baked potatoes; mashed potatoes; potato salad
Fruits, total	Berries (fresh or deep-frozen); apples, pears, peaches; orange, mandarin, grapefruit; banana
Grains/cereals, total	White bread; tick soft whole grain bread; hard bread, crisp hard-rye bread (e.g. Husmans); wheat crisp flat bread, light oven flat bread; crackers; porridge of oatmeal, rye or barley; porridge of semolina or grain of rice; Gruel; fiber-rich cereals (e.g. musli); corn flakes; rice; spaghetti, macaroni
Legumes/beans	Red beans, pea soup; other beans soup
Meat (red/processed), total	Minced meat (e.g. meatballs, hamburger, mincemeat sauce); meat casseroles; whole meat (e.g. roast meat, cutlet); liver, kidney; sausages cold cuts; meat toppings; Liver pâté; bacon, flitch of bacon; sausage dish; blood meal (e.g. blood sausage, blood pudding)
Poultry	Chicken or any other birds
Fish	Lean fish (e.g. bass, codfish, coalfish); fatty fish (e.g. herring, Baltic herring, whitefish, salmon, mackerel, eel); pickled fish (e.g. salt herring, Baltic herring); shellfish (e.g. shrimp, clam, crayfish); fish gratin
Eggs	Egg and egg dish
Dairy products, total	Low-fat hard cheese 10-17% ; soft cheese, whey cheese; low-fat milk 0.5%, 0.1%, low-fat sour milk; light yoghurt, Hälsofil; medium-fat hard cheese 28%; medium-fat milk, medium-fat soured milk 1.5%; cream, crème fraiche, sour cream; full-cream cheese, dessert cheese; standard-fat (normal) milk, soured milk 3%; yoghurt, kefir
Spreads, total	Bregott for sandwich (sort of butter); butter for sandwich; margarine for sandwich (e.g. Flora, Runda bords); low-fat margarine for sandwich (e.g. Lätt & Lagom, Lättlätt)
Cooking fat	Butter for cooking; Margarine for cooking (e.g. Milda, Eve, Ädel, TreEss)
Cooking/dressing oils	Vegetable oils for cooking; vegetable oils for salad dressing
Sweets/sugar/pastries	Sweet, goody (not chocolate); chocolate; marmalade, jam; lump of sugar, powdered sugar or castor sugar, honey; pancake, waffle; tart, cake pieces; confectionaries (e.g. Mazarin); coffee bread
Ice cream	Ice cream
Fast food	Fried potatoes, potato balls; French fries; burger; pizza
Snacks (salty)	Chips, popcorn, salt nuts
Non-alcoholic beverages	Carbonated drinks (e.g. Coca-cola, fanta, 7up, sprite, etc.); coffee (filter; boiled); tea; fruit juice (e.g. juice; fruit syrup, nectar; Rose-hip creamy juice, fruit soup creamy juice); water (plain, mineral)
Alcoholic beverages	Low-alcohol beer; medium-strong beer; double-strength bock beer; white wine; red wine; liquor















