

Table 4 Households' self-reported weekly consumption of food items (n = 403 households)

Food item	Weekly consumption (% of households)			
	7+ times	4-6 times	1-3 times	Never/rarely
<b><i>Meat</i></b>				
Sausages	0.2	5.2	44.2	50.4
Bacon	0.5	0.7	8.7	90.1
Lamb	0.0	0.0	10.9	89.9
Pork	0.2	1.5	43.9	54.3
Veal	0.2	3.0	77.7	19.1
Beef	0.0	0.0	13.4	86.6
Chicken	0.0	3.2	82.6	14.1
Beef liver	0.3	0.9	19.3	79.6
Meatballs	0.0	3.0	63.3	33.7
<b><i>Fish/seafood</i></b>				
Octopus	0.0	0.7	11.4	87.8
Sepia	0.0	1.0	8.7	91.1
Calamari	0.0	1.2	21.3	77.4
Fish	1.7	8.9	78.2	11.2
<b><i>Breads</i></b>				
Wholewheat bread	11.9	4.0	10.2	73.9
White bread	45.9	14.4	11.7	28.0
Rye bread	1.2	0.5	3.7	94.5
Toasts	3.7	5.5	22.1	68.7
<b><i>Vegetables/fruits</i></b>				
Vegetables	35.5	33.5	28.8	2.2
Fruits	56.1	26.6	11.2	6.2
<b><i>Nuts/seeds</i></b>				
Nuts	0.5	2.0	23.6	73.9
Salty nuts	1.0	2.0	28.8	68.2
<b><i>Dairy/fats</i></b>				
Butter	7.2	10.7	26.3	55.8
Margarine	6.0	9.7	22.3	62.0
Olive oil	70.0	17.4	6.9	5.7
Vegetable oil	13.6	12.9	36.7	36.7
Other	1.0	0.7	1.5	96.8