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Diet-related greenhouse gas emissions and nutrient intake in the LifeGene study – a Swedish cohort study.

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LifeGene baseline questionnaire

LifeGene Please answer the survey ←

Survey overview

Here you answer questions about yourself and your life, so we can find out how your choices, your heritage, and your environment affects you. Please click an icon to get started.




- Lifestyle
- Self-care
- Home and work
- Woman's health
- Mental health
- Living habits
- Asthma and allergy
- Injuries
- Health history


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Meal-Q – A Food Frequency Questionnaire

- Meal-based interactive FFQ
- 174 food times incl. alcoholic beverages
- Behavior – salt, fast food, salad bars, light products
- 17 minutes

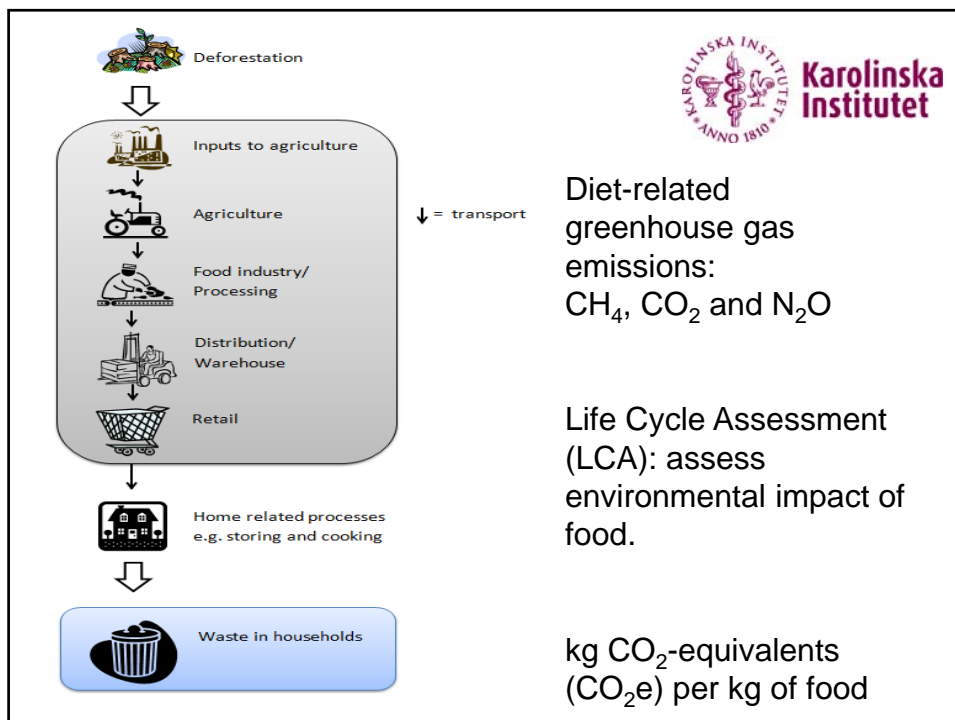


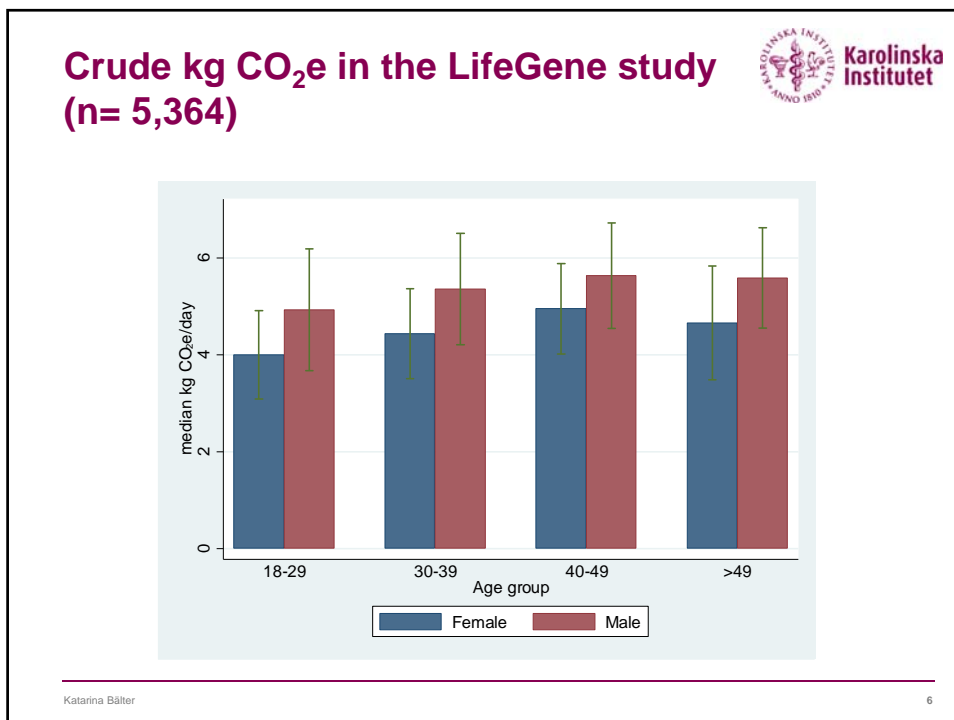
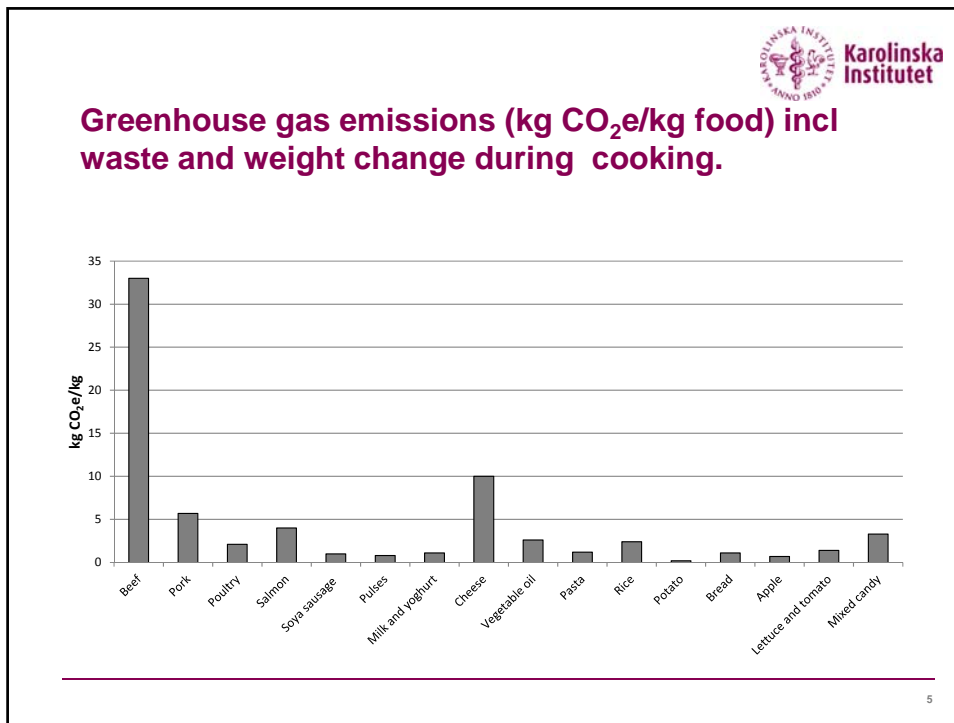
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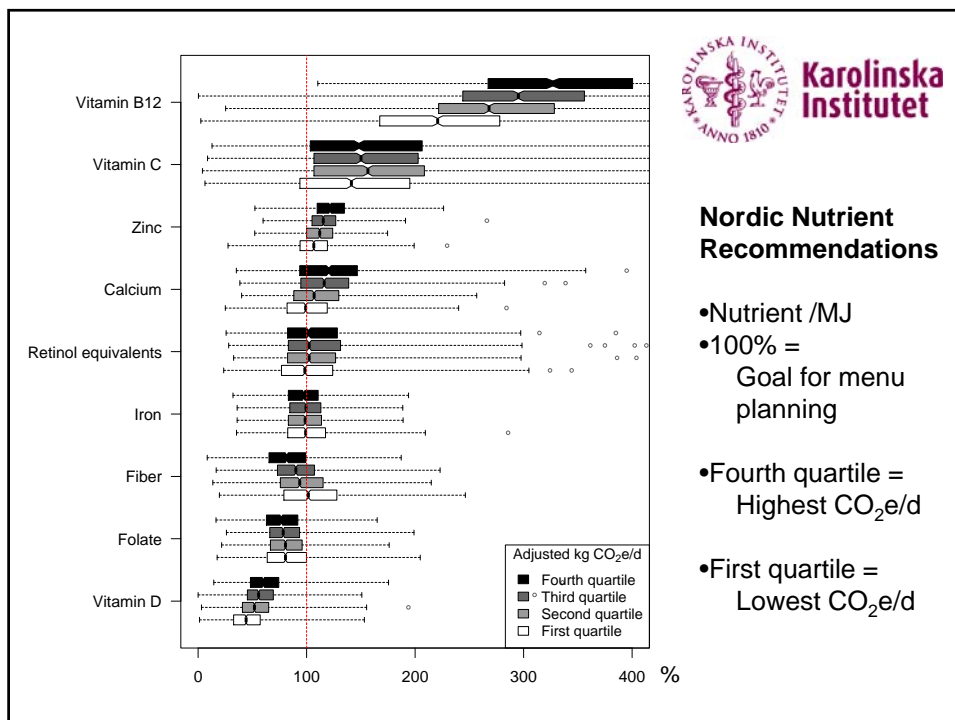
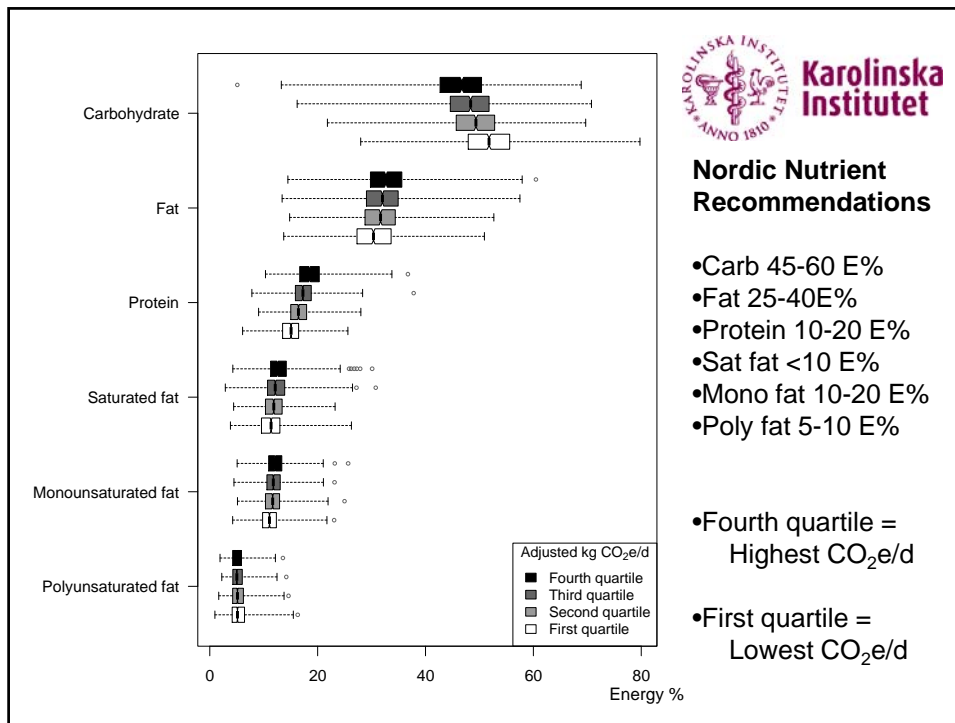


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Summary



- Meal-Q is a suitable method to study climate friendly food habits.
- A self-reported diet low in greenhouse gas emissions adhere to dietary guidelines
- A self-reported diet low in greenhouse gas emissions can be a heart friendly diet

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