

Additional file 1

ColoMAR-1 Dietary Questionnaire - English-Language Version

Blank translation of ColoMAR-1 Annex 1, version 1.1, 17 January 2024

Questionnaire provenance. The food-frequency core was adapted from the Spanish semi-quantitative food-frequency questionnaire developed and validated by Martín-Moreno et al. and from expanded versions evaluated in the PREDIMED and SUN cohorts. The meat-preparation and doneness questions were adapted from the MCC-Spain meat-specific module. ColoMAR-1 condensed the frequency scale and added study-specific questions. This adapted version was not independently validated. This blank English translation is provided for reporting transparency and was not the version administered to participants.

Instructions: Mark one response for each question or food item. "Do not know/no answer" may be selected when applicable.

General dietary and cooking questions

1. Vegetarian status

Vegetarian: ☐ Yes ☐ No. If yes, for how many years? _____ years

Vegan: ☐ Yes ☐ No. If yes, for how many years? _____ years

2. How often do you eat fried foods?

☐ Daily ☐ 5-6 times/week ☐ 2-4 times/week ☐ Once/week ☐ Less than once/week ☐ Do not know/no answer

3. When you eat meat, how well done do you prefer it?

☐ I do not eat meat (go to Question 9) ☐ Raw ☐ Rare/undercooked ☐ Well done ☐ Very well done ☐ Do not know/no answer

4. What do you do with visible fat when eating meat?

☐ Remove all of it ☐ Remove most of it ☐ Remove some of it ☐ Remove none of it ☐ Do not know/no answer

5. How do you usually eat meat?

Cooking method	Never	Times/month	Times/week	Times/day	Do not know/no answer
Griddled (a la plancha)					
Grilled/barbecued					
Oven-roasted					
Fried in oil					
Stewed					

6. How often do you eat the browned or charred part of meat?

☐ Never or less than once/month ☐ Once/month ☐ 2-3 times/month ☐ Once/week ☐ 2 or more times/week ☐ Do not know/no answer

7. How often do you eat the browned or charred part of fish?

☐ Never or less than once/month ☐ Once/month ☐ 2-3 times/month ☐ Once/week ☐ 2 or more times/week ☐ Do not know/no answer

8. How often do you eat the toasted rice crust (socarrat) from paella?

☐ Never or less than once/month ☐ Once/month ☐ 2-3 times/month ☐ Once/week ☐ 2 or more times/week ☐ Do not know/no answer

9. What type of fat or oil do you use for the following?

Use	Butter	Margarine	Olive oil	Extra-virgin olive oil	Other vegetable oil	Blended oil	Do not know/no answer
Salad dressing/seasoning							
Cooking							
Frying							

Group I. Dairy products

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Milk					
Cheese: cured, semi-cured, fresh, etc.					
Yogurt, milkshakes, custard, flan					

Group II. Eggs, meat and fish

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Eggs					
Chicken or turkey					
Beef or veal					
Pork					
Lamb					
Rabbit or hare					
Offal: liver, brain, kidneys, sweetbreads					
Serrano ham or cured shoulder ham					
Processed meats: York ham, cooked ham, salchichón, chorizo, blood sausage, mortadella, sausages, butifarra, sobrasada					
Pâté or foie gras					
Hamburger (1 unit, 50 g) or meatballs (3 units)					
Bacon or pancetta (50 g)					
White fish: grouper, sole, sea bream, hake, whiting					
Oily fish: sardines, tuna, bonito, mackerel, salmon (1 portion, 130 g)					
Salted fish: cod; mussels (1 portion, 60 g)					
Oysters, clams, mussels					

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Squid, octopus, baby squid, cuttlefish					
Prawns, king prawns, langoustines					
Fish and seafood canned in brine/natural juices: sardines, anchovies, bonito, tuna (1 small can or half a regular can, 50 g)					
Fish and seafood canned in oil: sardines, anchovies, bonito, tuna (1 small can or half a regular can, 50 g)					

Group III. Vegetables

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Chard, spinach					
Cabbage, cauliflower, broccoli					
Lettuce, endive, escarole (100 g)					
Tomato (1 unit)					
Carrot, pumpkin (100 g)					
Green beans					
Aubergine, courgette, cucumber					
Peppers (150 g)					
Asparagus					
Andalusian gazpacho (1 glass, 200 g)					
Artichoke, leek, cardoon					
Onion (half a unit, 50 g) and garlic (1 clove)					
Potatoes: commercial fries, homemade fries, baked or roasted potatoes					
Mushrooms, wild mushrooms, champignons					

Group IV. Fruit and nuts

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Orange, grapefruit					
Banana					
Apple or pear					

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Strawberries (6 units)					
Cherries, picotas, plums (1 dessert plate)					
Peach, apricot, nectarine					
Melon, watermelon (1 slice)					
Kiwi					
Grapes					
Olives					
Fruit in syrup or in its own juice (2 pieces)					
Dates, dried figs, raisins, prunes (150 g)					
Almonds, peanuts, hazelnuts, pistachios, pine nuts, walnuts (30 g)					

Group V. Legumes and cereals

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Lentils, chickpeas, beans (pinto, white or black), peas, broad beans					
White bread or white sliced bread (3 slices, 150 g)					
Wholemeal bread or wholemeal sliced bread (3 slices, 150 g)					
Breakfast cereals (30 g)					
Whole-grain cereals (30 g)					
White rice (60 g)					
Brown rice (60 g)					
Pasta: noodles, macaroni, spaghetti, etc. (60 g)					
Pizza (1 portion, 200 g)					

Group VI. Oils and fats

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Olive oil					
Other oils					
Butter or lard					

Group VII. Bakery products and confectionery

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Homemade pastries: croissant, ensaimada, sponge cake, muffins, churros, biscuits					
Industrial pastries: croissant, ensaimada, sponge cake, doughnuts, muffins, biscuits					
Sweets: cakes, chocolates, nougat, marzipan, polvorón					
Chocolate: bar or powder					

Group VIII. Miscellaneous

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Convenience foods: croquettes, fritters, empanadillas, soups, creams					
Mustard, commercial mayonnaise, fried tomato sauce, ketchup, Tabasco, pepper (1 teaspoon)					
Sugar, honey, jam (1 teaspoon)					
Salt (a pinch)					
Snacks: popcorn, corn puffs, etc. (1 bag)					
Vitamin D supplement					
Other vitamin supplements					

Group IX. Beverages

Food item / standard portion	Never or less than once/month	Once/month	2-3 times/month	Once/week	2 or more times/week
Sugar-sweetened beverages: cola, lemonade, tonic water, non-natural juices					
Low-calorie sweetened beverages: cola, lemonade, tonic water					
Wine					
Tea					
Beer					
Spirits, aniseed drinks and distilled beverages: whisky, vodka, gin, cognac					

Source references

1. Martin-Moreno JM, Boyle P, Gorgojo L, Maisonneuve P, Fernandez-Rodriguez JC, Salvini S, et al. Development and validation of a food frequency questionnaire in Spain. *Int J Epidemiol.* 1993;22(3):512-519. doi:10.1093/ije/22.3.512.
2. Fernández-Ballart JD, Piñol JL, Zazpe I, Corella D, Carrasco P, Toledo E, et al. Relative validity of a semi-quantitative food-frequency questionnaire in an elderly Mediterranean population of Spain. *Br J Nutr.* 2010;103(12):1808-1816. doi:10.1017/S0007114509993837.
3. de la Fuente-Arrillaga C, Vázquez Ruiz Z, Bes-Rastrollo M, Sampson L, Martínez-González MA. Reproducibility of an FFQ validated in Spain. *Public Health Nutr.* 2010;13(9):1364-1372. doi:10.1017/S1368980009993065.
4. de Batlle J, Gracia-Lavedan E, Romaguera D, Mendez M, Castaño-Vinyals G, Martín V, et al. Meat intake, cooking methods and doneness and risk of colorectal tumours in the Spanish multicase-control study (MCC-Spain). *Eur J Nutr.* 2018;57(2):643-653. doi:10.1007/s00394-016-1350-6.