

**Added sugar consumption in Spanish children (7-12 y) and nutrient density of foods contributing to such consumption**

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## **I. RESPONDENT PARENT PROFILE**

### **1. Select the age range you belong to:**

- 18-24
- 25-35
- 36-49
- 50-65
- Over 65

### **2. Select your gender:**

- Male
- Female

### **3. What is your level of education?**

- Primary education
- Secondary education/Baccalaureate
- Vocational training in health and/or food sciences
- Vocational training in other areas
- University education in health and/or food sciences
- University education in other areas
- Others
- No studies

### **4. In which Autonomous Community do you currently reside?**

- Galicia
- Asturias
- Cantabria
- País Vasco
- Navarra
- La Rioja
- Aragón
- Cataluña
- Valencia
- Murcia
- Andalucía

- Castilla La Mancha
- Extremadura
- Madrid
- Castilla y León
- Islas Baleares
- Islas Canarias
- Ceuta/ Melilla

**7. Do you have any children between 7 and 12 years of age?**

- Yes
- No

**8. Does your child meet any of these criteria?**

- No
- Follows a modified diet for any condition or disease
- Has a congenital or metabolic disease
- Has an allergy or intolerance to milk or milk products
- Does not live at home
- Follows a diet prescribed by a physician for pre/post-surgical situation, medical tests, acute or chronic pathologies or certain physiological situations
- Is going through a transitory illness that implies a modification of his/her diet
- Works for or is related to the partner company that is conducting this survey.

**II. REGARDING CHILD'S FOOD CONSUMPTION**

**9. In a typical week, how often does your child eat or drink the following foods or beverages?** The question refers to all the intakes during the course of a day: breakfast, mid-morning, lunch, snack and/or dinner.

For each food, the options are:

- Never
- Less than once a week
- Once a week
- Twice a week
- Three days per week
- Four days per week

- Five days per week
- Six days per week
- Every day

Fresh fruit

Vegetables

Natural fruit and/or vegetable juice

Packaged fruit and/or vegetable juices and nectars

Soft drinks with sugar

Sugar-free soft drinks (light, zero or diet)

Breakfast cereals

Cow's milk

Fortified infant milk

Soy, oat, almond drinks

Packaged milkshakes

Cheese

Natural yogurt

Sweetened plain yogurt, flavored yogurt, yogurt with fruit

Dairy desserts (custard, rice pudding...)

Ice cream

Meat

Fish

Salty snacks (potato chips, fried corn, popcorn, peanuts...)

Natural nuts

Candies and/or sweets

Chocolate bars

Cookies

Packaged pastries and cakes (muffins, croissants...)

Homemade sponge cake

Pizzas, French fries, hamburgers, sausages or pies

Packaged fried tomato

Ketchup or other sauces

Eggs

Pasta or rice

White bread  
Whole wheat bread  
Legumes (lentils, chickpeas...)  
Olive oil  
Butter  
Margarine  
Sports drinks (isotonic, energy drinks...)  
Sugar  
Cocoa powder (to dissolve in milk)  
Jam  
Packaged sausages

**10. On the day your child eats each of the previous foods, how many servings does he/she eat?**

For each food, the options are:

- 1 serving
- 2 servings
- 3 servings
- 4 or more

### **III. ABOUT THE PERCEPTION OF THE CHILD'S NUTRITIONAL HABITS**

**11. Do you consider the presence of the following nutrients in your child's diet to be....**

Insufficient | Adequate | Normal | Excessive | Very Excessive

- Proteins
- Carbohydrates
- Sugars
- Fats
- Vitamins
- Minerals

**12. Score the following foods according to your perception of their nutritional quality:**

Nutritional quality: Very low | Low | Normal | High | Very high | Very high

Packaged fruit and/or vegetable juices or nectars

Soft drinks with sugar  
Breakfast cereals  
Fortified infant milk  
Soy beverages, oatmeal, almond...  
Packaged milkshakes  
Sweetened natural yogurt, flavored yogurt, yogurt with fruit...  
Dairy desserts (custard, rice pudding...)  
Ice cream  
Candies and/or sweets  
Chocolate bars  
Biscuits  
Packaged pastries and cakes (muffins, croissants...)  
Homemade sponge cake  
Packaged fried tomato  
Ketchup or other sauces  
Sugar  
Cocoa powder (to dissolve in milk)  
Jam

**13. Which of the following foods do you not give or would you like to reduce in your child's diet?**

(Multiple choice)

Fresh fruit  
Vegetables  
Natural fruit and/or vegetable juice  
Packaged fruit and/or vegetable juices and nectars  
Soft drinks with sugar  
Sugar-free soft drinks (light, zero or diet)  
Breakfast cereals  
Cow's milk  
Fortified infant milk  
Soy, oat, almond drinks  
Packaged milkshakes  
Cheese

Natural yogurt  
Sweetened plain yogurt, flavored yogurt, yogurt with fruit  
Dairy desserts (custard, rice pudding...)  
Ice cream  
Meat  
Fish  
Salty snacks (potato chips, fried corn, popcorn, peanuts...)  
Natural nuts  
Candies and/or sweets  
Chocolate bars  
Cookies  
Packaged pastries and cakes (muffins, croissants...)  
Homemade sponge cake  
Pizzas, French fries, hamburgers, sausages or pies  
Packaged fried tomato  
Ketchup or other sauces  
Eggs  
Pasta or rice  
White bread  
Whole wheat bread  
Legumes (lentils, chickpeas...)  
Olive oil  
Butter  
Margarine  
Sports drinks (isotonic, energy drinks...)  
Sugar  
Cocoa powder (to dissolve in milk)  
Jam  
Packaged sausages