

Manuscript Title: Using a Short Food Frequency Questionnaire to Evaluate Macronutrients, Fiber, Phosphorus, Potassium, and Calcium in Adults with Stages 3 – 5 Chronic Kidney Disease

Supplementary Table S1

42 item Short - Food frequency questionnaire (SFFQ) for chronic kidney disease (CKD)

Food items	Frequency of food intake	Number of servings
	never or less than once ≤ 1 per month 2-3 per month 1-2 per week 3-4 per week 5-6 per week 1 per day 2-3 per day 4-6 per day	never or less than once <1 serving per time 1 servings per time 2 servings per time 3 servings per time 4 servings per time 5 servings per time ≥ 6 servings per time
1. Eggs (Chicken, duck, and bird eggs) One serving = an egg, five pigeon eggs, two egg white		
2. Seafood (Prawn, calamari, crab, oyster, squid, and scallops) One serving = 4-6 prawns, 6 large clams, 22 small clams, 4 sliced of squids, 8 oysters, half a crab, 3 scallops, 2 cuttlefishes		
3. Marine fish (Spanish mackerel, mackerel pike, salmon, ribbon fish, tilapia, and snapper, tuna) One serving = three fingers wide with a thickness of 1 cm= 2 fingers wide with a thickness of 2 cm		
4. Freshwater fish (Milk fish/white mullet, tilapia, eel, and herring) One serving = three fingers wide with a thickness of 1 cm = 2 fingers wide with a thickness of 2 cm		
5. How often are the above-mentioned fishes fried or deep-fried?	Approximately _____% fried <input type="checkbox"/> 0% <input type="checkbox"/> 1~20% <input type="checkbox"/> 21~40% <input type="checkbox"/> 41~61% <input type="checkbox"/> 61~80% <input type="checkbox"/> 81~100 %	
6. How often are the above-mentioned fishes grilled or steamed?	Approximately _____% grilled or steamed <input type="checkbox"/> 0% <input type="checkbox"/> 1~20% <input type="checkbox"/> 21~40% <input type="checkbox"/> 41~61% <input type="checkbox"/> 61~80% <input type="checkbox"/> 81~100 %	
7. Pork (pork ribs/chop/tendon, pork slices, and shoulder roast) One serving = three fingers wide with 1 cm thickness		
8. Beef and lamb One serving = three fingers wide with 1 cm thickness		
9. Chicken One serving = three fingers wide with 1 cm		

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thickness, 1/2 chicken drumstick, and 1 chicken wing		
10. Duck and goose One serving = three fingers wide with 1 cm thickness, 1/2 duck/goose drumstick, and 1 duck/goose wing		
11. How often are the above-mentioned meats fried or deep-fried?	Approximately _____ % fried <input type="checkbox"/> 0% <input type="checkbox"/> 1~20% <input type="checkbox"/> 21~40% <input type="checkbox"/> 41~61% <input type="checkbox"/> 61~80% <input type="checkbox"/> 81~100 %	
12. Milk (Skimmed milk, light milk, and whole milk) One serving = 240 c.c. of milk, 3-4 tablespoons of whole milk powder, 3 tablespoons of light milk powder, 2.5 tablespoons of skimmed milk powder		
13. Yogurt, yogurt drinks One serving = 240 c.c. yogurt drink, 200 c.c. yoghurt		
14. Processed dairy products (Cheese slices, panna cotta, ice cream) One serving = 2 pieces of cheese slices, 1 cup of soft-serve ice cream, 120 c.c. of panna cotta		
15. Soy products (fresh tofu, soy milk) One serving = 1/2 box soft fresh tofu , 1/2 block of firm tofu (80 g), 240 c.c. of soy milk		
16. Other soy products (Dried tofu, tofu skin, and fried bean curd) One serving = piece dried tofu, 1 slice tofu skin, and 2 blocks of fried bean curd		
17. Dark-green colored vegetables (Broccoli, spinach, mushroom, sweet potato leaves, and Chinese green vegetables) One serving = 1/2 bowl cooked vegetables		
18. Light-green colored vegetables (Cabbage, Chinese cabbage, Chinese radish, cauliflower, and water bamboo) One serving = 1/2 bowl cooked vegetables		
19. Other vegetables (cucumber, bitter melon, winter melon, loofah, tomato, eggplant,		

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okra, green/sweet pepper, asparagus, carrot, onion, garlic, Chinese leek, and green onion, ginger) One serving = 1/2 bowl cooked vegetables		
20. Mushroom (white mushroom, hericium, enoki mushroom, fungus, and king oyster mushroom) One serving = 1/2 bowl cooked vegetables		
21. How often are the above-mentioned vegetables fried or using sauce?	Approximately _____ % fried <input type="checkbox"/> 0% <input type="checkbox"/> 1~20% <input type="checkbox"/> 21~40% <input type="checkbox"/> 41~61% <input type="checkbox"/> 61~80% <input type="checkbox"/> 81~100 %	
22. Chinese staples - Rice One portion = 1 bowl rice, 2 bowl porridge		
23. Chinese staples – Noodles One portion = 1 bowl noodles, 2 bowls rice noodles		
24. How often are the above Chinese staple foods fried? (Fried rice/noodles/rice noodles, biscuits fried dough sticks, dried noodles, braised pork rice)	Approximately _____ % fried <input type="checkbox"/> 0% <input type="checkbox"/> 1~20% <input type="checkbox"/> 21~40% <input type="checkbox"/> 41~61% <input type="checkbox"/> 61~80% <input type="checkbox"/> 81~100 %	
25. Toast, bagel, bun, and steamed bun One portion = 2 slices of thick toast, 4 slices of regular toast, 4 buns, 1 bagel, 1 steamed bun		
26. Whole wheat bread One portion = 2 slices of thick toast, 4 slices of regular toast		
27. Bread with filling (soft roll, croissant, sweet bun, red bean bun, pineapple bun, and butter bread) One portion = 1 croissant, 1 sweet bun, 1 red bean bun, 1 pineapple bun, 1 butter bread		
28. Root vegetables(Sweet potato, potato, taro, water caltrop, lotus root, Chinese yam, corn, and pumpkin) One serving = 4 hobs or 1/2 bowl, 1/2 cob of corn,		
29. Low nitrogen staple foods (Rice noodle, bean noodle, pearl sago/tapioca, and tapioca starch) One Portion = 1 bowl of rice noodle/bean noodle,		

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4 tablespoon of tapioca pearls, 4 tablespoon tapioca starch		
30. High potassium fruits (Cantaloupe, strawberry, kiwi, cherry tomato, and peach) One serving = 1 small-medium fruit (1 feast), 1/2-2/3 cup fresh fruits (80-120 g)		
31. Moderate potassium fruits(California plums, sunkist, oranges, grapes, and guavas, papaya) One serving = 1 small-medium fruit (1 feast), 1/2-2/3 cup fresh fruits (80-120 g)		
32. Low-potassium fruits (Wax apple, pineapple, mango, apple, watermelon, and pear) One serving = 1 small-medium fruit (1 feast), 1/2-2/3 cup fresh fruits (80-120 g)		
33. Banana One serving = 1/2 medium banana		
34. 100% fresh fruit juice One serving = 1/2 cup (about 120 c.c.)		
35. 10% sweetened fruit juice (Bottled juice or fresh juice with sugar, and condensed juice) One serving = 1/2 cup (120-150 c.c.)		
36. Cereal-based beverages One portion = 280-300 cc oat/cereal milk = 6 tablespoon oat = 4 tablespoon whole grain powder= 3 tablespoon pearl barley		
37. Seeds and nuts (peanut, pine nuts, almond, pistachio, walnut, cashew nut, sesame, and pumpkin seeds) One serving = pine nuts 1 table spoon, 10 peanut, 6-8 almond, 15 pistachio, 2 walnut, 6-7 cashew nut, 50 melon seeds, 40 pumpkin seeds		
38. Vegetable fats and oils (soybean oil, olive oil, safflower seed oil, canola oil, corn oil, palm oil, and coconut oil) One serving = 1 teaspoon		
39. Animal fat and oils and Hydrogenated oils		

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One serving = 2 teaspoon of butter/cream/lard, one teaspoon of hydrogenated oils		
40. Hand-shaken beverages if you answer question 40, please go on to answer questions 41, 42		
41. Cup size	<input type="checkbox"/> small (360 ml) <input type="checkbox"/> medium (500 ml) <input type="checkbox"/> big (750 ml) <input type="checkbox"/> extra-large (1000 ml)	
42. Sugar contents	<input type="checkbox"/> sugar-free <input type="checkbox"/> quarter sugar <input type="checkbox"/> half sugar <input type="checkbox"/> less sugar <input type="checkbox"/> regular sugar	