

Supplementary material

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Supplementary file 1 -Study-dedicated questionnaire assessing diet habits.

- 1) Have you changed your diet after coronary artery disease diagnosis?
YES NO I don't pay attention to this
- 2) Do you avoid saturated fatty acids (animal fats)?
YES NO I don't pay attention to this
- 3) Do you limit the use of salt in your daily diet?
YES NO I don't pay attention to this
- 4) Do you consume more fiber per day from whole grains, fruits and vegetables compared to the period before your problems with heart?
YES NO I don't pay attention to this
- 5) How much fruit do you eat per day?
(100 grams = equivalent of one small apple, pear, mandarin or kiwi; 200 grams = equivalent of one banana, orange, or large apple)
less than 100 grams 100-200 grams
over 200 grams I don't pay attention to this
- 6) How many vegetables do you eat per day?
less than 100 grams 100-200 grams
over 200 grams I don't pay attention to this
- 7) How often do you eat fish?
once every two weeks once a week 2 times a week
3 times a week 4 and more times a week I rarely eat fish
- 8) How much alcohol do you drink per week?
(please provide amount of beer, wine, vodka or other alcoholic beverages [in milliliters])