

Do you eat **fatty** fish (salmon, mackerel, herring)? ☐ NO ☐ YES

If **YES**: How often?

- ☐ At least twice weekly
- ☐ 3-4 times per month
- ☐ 1-2 times per month
- ☐ More seldom

Do you drink milk or is milk part of your diet? ☐ NO ☐ YES

If **YES**: How much milk do you consume?

- ☐ More than 3 dl (10 oz) per day
- ☐ 1-3 dl (3.5-10 oz) per day
- ☐ Less than 1 dl (3.5 oz) per day

If **YES**: Which type of milk do you consume most often?

- ☐ Full-fat milk (standardmjölk)
- ☐ Medium-fat milk (mellanmjölk)
- ☐ Low-fat milk (lättmjölk)
- ☐ Skim milk (minimjölk)
- ☐ Other (e.g. oat milk), please specify:.....

Is yoghurt and/or sour milk part of your diet? ☐ NO ☐ YES

If **YES** How much yoghurt/sour milk do you consume?

- ☐ More than 3 dl (10 oz) per day
- ☐ 1-3 dl (3.5-10 oz) per day
- ☐ Less than 1 dl (3.5 oz) per day

If **YES** What kind do you consume most often?

- ☐ fruit-/vanilla yoghurt/sour milk
- ☐ plain yoghurt/sour milk
- ☐ turkish/greek yoghurt

Do you use margarine as a spread (t ex. Bregott, Lätta, Flora, Milda, Becel)? ☐ NO ☐ YES

If **YES**: How many sandwiches with margarine do you eat?

- ☐ at least 4/day
- ☐ 2-3/day
- ☐ 4-7/week
- ☐ 1-3/week
- ☐ fewer

Supplementary Figure 1. The short vitamin D questionnaire (VDQ).