

Contents:	Dietary data on basic food groups (raw ingredients) and cooked foods (dishes), plus energy and nutrients from intake of food and supplements. Data are available in five files.										
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Sources:	Dietary data originate from three sources: 1) a 7-day food diary ("Menybok"), 2) a 168-item semi quantitative diet history questionnaire ("Kosthistoria"), 3) a 45-60 min diet history interview. The methodology combined a "current diet" method (food diary) with a "usual diet" method (diet history questionnaire).										
Data editing:	The food information was entered into the data base using an interactive computer software KOSTSVAR, which guided the interviewer through a system of "recipe identifiers", particularly useful for identifying preparation methods and ingredients in mixed dishes. The food intake data were converted into nutrient intake data by the combined use of the interactive computer software, and the Swedish Food Database PC KOST2 of the Swedish National Food Administration (Livsmedelsverket).										
Reference:	Wirfält E and Sonestedt E (eds). The modified diet history methodology of the Malmö Diet Cancer cohort. 2016. <i>Lund University, Dept of Clinical Sciences Malmö, Lund.</i>										

List of variables

MDC Food - Basic Foods

Name	Variable label	Type	Format	Value label	Male	Female
lopnrMKC	Baseline sequence number in MDCS (Numeric). <i>Remarks:</i> original variable name is [lopnr] (in Bodycomp [seqno]).	Numeric	F5		11 134	17 100
g2vegthf	Vegetables all kinds, all types of cooking (cooked weight, consumed weight) (g/day). <i>Remarks:</i> g2vegthf = gvegth + glegumh + gcarrotf + grootvef + glegumf + gleafvef + gcabbf + gtomatof + gothvegf.	Numeric	F4		11 134	17 100
gvegth	Vegetables, heat-treated (weight before cooking) (g/day).	Numeric	F4		11 134	17 100
glegumh	Legumes, dried, cooked (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcarrotf	Carrot, raw (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
grootvef	Root vegetables, raw, other (ie not carrot), (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
glegumf	Legumes, raw (not dried, including sprouts from dried legumes) (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gleafvef	Leafy vegetables, raw (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gcabbf	Cabbage, raw (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gtomatof	Tomato, raw (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gothvegf	Vegetables, other raw (ie not carrot, root vegetables, legumes, leafy vegetables, cabbage, tomato) (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gcarrju	Carrot juice (cooked weight, consumed weight) (g/day).	Numeric	F6.1		11 134	17 100
gvegju	Vegetable juices, other (ie not carrot juice) (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
g2ncitr	Fruits (not citrus) and berries in total, all forms of cooking (cooked weight, consumed weight) (g/day). <i>Remarks: g2ncitr = gfrbeth + gncitrif + gberrtf (gfrbeth include only the non-citrus part)</i>	Numeric	F4		11 134	17 100
g2citr	Citrus fruits in total, all forms of cooking (cooked weight, consumed weight) (g/day). <i>Remarks: g2citr = gcitrif + gfrbeth (gfrbeth include only the citrus part)</i>	Numeric	F5.1		11 134	17 100
gfrbeth	Fruits and berries, cooked (weight before cooking) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gdrifrbe	Fruits/berries dried, non-heat treated (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcitrif	Citrus, fresh (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gncitrif	Fruits, non-citrus, fresh (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F4		11 134	17 100
gberrtf	Berries in total, fresh (cooked weight, consumed weight) (g/day) (not in the 1991 database).	Numeric	F5.1		11 134	17 100
gcitrju	Citrus juice (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gncitrju	Non-citrus juice (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gpotboil	Potato, boiled/baked incl mashed potato (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gpotrec	Potato, heat-treated (boiled/fried in mixed dishes) (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gpotfri	Potato, fried (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gpotdfri	Potato, deep-fried (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gegg	Egg, in total (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gporklf	Pork <=10% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gporkmf	Pork 11-24% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
gporkhf	Pork >25% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gporks	Sliced sandwich meat, pork (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gbeefflf	Beef <=10% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gbeeffhf	Beef >10% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gbeefs	Sliced sandwich meat, beef (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
glamblf	Lamb <=10% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
glambhf	Lamb >10% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
ggamet	Game meat, in total (elk, roe deer, reindeer, deer, hare, rabbit) (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
goffal	Offal, pure (liver, kidney, heart, tongue) (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
goffalm	Offal, mixed product (liver sausage, black pudding) (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
goffals	Offal spread (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gsaust	Sausage (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gsauss	Sausage spread (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gpoultry	Poultry (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gfishlf	Fish (incl fish balls) <=5% (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gfishhf	Fish >5% fat (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gfishm	Fish, mixed products (eg fish fingers) (weight before cooking) (g/day).	Numeric	F5.1		11 134	17 100
gfihelf	Canned fish and herring <=5% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gfihelf	Canned fish and herring >5% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gfishes	Spread (fish) (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gshellft	Shellfish, molluscs (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmilklf	Milk <=0,5% fat (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gmilkmf	Milk 0,6-2,4% fat (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gmilkhf	Milk 2,5-7% fat (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gmilkylf	Fermented milk <=0,5% fat (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gmilkymf	Fermented milk 0,6-2,4% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmilkyhf	Fermented milk 2,5-7% fat (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gcreamlf	Cream <=12% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcreammf	Cream 13-30% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcreamhf	Cream >30% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcheeslf	Cheese <=10% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
gcheesmf	Cheese 11-20% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcheeshf	Cheese >20% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gicecrlf	Ice cream, sorbet <=6% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gicecrlf	Glass >6% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcelfin	Cereals/flakes <10% fibre, natural (dry weight) (g/day).	Numeric	F5.1		11 134	17 100
gcelfls	Cereals/flakes <10% fibre <15% sugar (dry weight) (g/day).	Numeric	F5.1		11 134	17 100
gcelfhs	Cereals/flakes <10% fibre >15% sugar (dry weight) (g/day).	Numeric	F5.1		11 134	17 100
gcehfn	Cereals/flakes >=10% fibre, natural (dry weight) (g/day).	Numeric	F5.2		11 134	17 100
gcehfls	Cereals/flakes >=10% fibre <15% sugar (dry weight) (g/day).	Numeric	F5.2		11 134	17 100
gcehfhs	Cereals/flakes >=10% fibre >15% sugar (dry weight) (g/day).	Numeric	F5.2		11 134	17 100
gflour	Flour, in total (dry weight) (g/day).	Numeric	F5.1		11 134	17 100
gbrelfi	Bread <=3,5% fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gbremfi	Bread 3,6-4,5% fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gbrehfi	Bread 4,6-5,9% fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gbrexhfi	Bread >=6,0% fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcrbrlfi	Crispbread <10% fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcrbrmfi	Crispbread 10-20% fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcrbrhfi	Crispbread >20% fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gbirulei	Crackers, wafers, wheat rusks etc (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gbiruhfi	Rusks >10g fibre (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gcakeslf	Coffee bread, biscuits, <=15g fat (cooked weight, consumed weight) (g/day). <i>Remarks:</i> Including various kinds of Swedish coffee breads, e g cardamom wheat bread, cinnamon roll bread.	Numeric	F5.1		11 134	17 100
gcakeshf	Biscuits, cake/pastry >15g fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gripat	Rice/pasta in total (dry weight) (g/day).	Numeric	F5.1		11 134	17 100
goil1	Oil/lard <=30% poly <=40% mono (lard, coconut fat) (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
goil2	Oil/lard <=30% poly >40% mono (olive oil) (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
goil3	Oil/lard >30% poly <=40% mono (corn oil, grapeseed oil, sunflower oil, etc) (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
goil4	Oil/lard >30% poly >40% mono (rapeseed oil) (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gbutter	Butter (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
gmargd1	Milk fat-based margarine $\geq 80\%$ fat (Bregott) (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmargd2	Milk fat-based margarine $\leq 40\%$ fat (Lätt och Lagom, Klick) (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gmarghf1	Margarine 61-80% fat $\leq 20\%$ poly $\leq 20\%$ mono (cooked weight, consumed weight) (g/day).	Numeric	F3.1		11 134	17 100
gmarghf2	Margarine 61-80% fat $\leq 20\%$ poly $> 20\%$ mono (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmarghf3	Margarine 61-80% fat $> 20\%$ poly $\leq 20\%$ mono (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmarghf4	Margarine 61-80% fat $> 20\%$ poly $> 20\%$ mono $\leq 10\%$ saturated (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gmarghf5	Margarine 61-80% fat $> 20\%$ poly $> 20\%$ mono $> 10\%$ saturated (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmargmf	Margarine 41-60% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmarglf1	Margarine $\leq 40\%$ fat $\leq 10\%$ poly $\leq 10\%$ mono (cooked weight, consumed weight) (g/day).	Numeric	F3.1		11 134	17 100
gmarglf2	Margarine $\leq 40\%$ fat $\leq 10\%$ poly $> 10\%$ mono (cooked weight, consumed weight) (g/day).	Numeric	F3.1		11 134	17 100
gmarglf3	Margarine $\leq 40\%$ fat $> 10\%$ poly $\leq 10\%$ mono (cooked weight, consumed weight) (g/day).	Numeric	F3.1		11 134	17 100
gmarglf4	Margarine $\leq 40\%$ fat $> 10\%$ poly $> 10\%$ mono (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gdresslf	Mayonnaise/dressing $\leq 20\%$ fat (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gdressmf	Mayonnaise/dressing 20-40% fat (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gdresshf	Mayonnaise/dressing $> 40\%$ fat (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gsugar	Sugar (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gsweet	Sweets etc (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gchoc	Chocolate etc (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gnuts	Nuts, seeds, almond paste, etc (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gsnacks	Snacks, chips, etc (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gmarm	Marmalade, honey, jam, puree (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gketchup	Tomato ketchup, tomato paste, chili sauce (cooked weight, consumed weight) (g/day).	Numeric	F5.2		11 134	17 100
gcoffee	Coffee (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gtea	Tea (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gsofdr	Juice, soft drink, meal drink ready to drink (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
gsofdrne	Juice, soft drink, meal drink ready to drink, energy-free (cooked weight, consumed weight) (g/day).	Numeric	F6.1		11 134	17 100
gbeer	Beer, cider (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gwine	Wine (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gspirits	Liquor (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gminwa	Mineral water (cooked weight, consumed weight) (g/day).	Numeric	F4		11 134	17 100
gtapwa	Tap water (cooked weight, consumed weight) (g/day). <i>Remarks: Average of various tap water in Malmö is used</i>	Numeric	F4		11 134	17 100
ginsoup	Industrial soups (eg Varma koppen) (cooked weight, consumed weight) (g/day).	Numeric	F6.1		11 134	17 100
ggruel	Gruel (cooked weight, consumed weight) (g/day).	Numeric	F5.1		11 134	17 100
gspice	Vinegar, spices, broth, etc (dry weight) (g/day).	Numeric	F5.2		11 134	17 100
gsoya	Soya products, algae, seaweed meal (cooked weight, consumed weight) (g/day).	Numeric	F6.2		11 134	17 100
gformula	Nutritional powder (dry weight) (g/day).	Numeric	F6.2		11 134	17 100
gpowder	Powder for sauces, soups, cream (dry weight) (g/day).	Numeric	F6.3		11 134	17 100
ggarb	Remainder (miscellaneous difficult to define) (g/day).	Numeric	F5.2		11 134	17 100

MDC Food - Cooked dishes

Name	Variable label	Type	Format	Value label	Male	Female
lopnrMKC	Baseline sequence number in MDCS (Numeric). <i>Remarks: original variable name is [lopnr] (in Bodycomp [seqno]).</i>	Numeric	F5		11 134	17 100
rfrmeat	Fried meat (g/day).	Numeric	F5.1		11 134	17 100
rffroff	Fried offal, blood sausage (g/day).	Numeric	F5.1		11 134	17 100
rfrsau	Fried sausage (g/day).	Numeric	F5.1		11 134	17 100
rfrmmeat	Fried mince (g/day).	Numeric	F5.1		11 134	17 100
rfrpoul	Fried poultry (g/day).	Numeric	F5.2		11 134	17 100
rfrfish	Fried fish/seafood (g/day).	Numeric	F5.1		11 134	17 100
rfrveg	Fried vegetables/root vegetables (g/day).	Numeric	F5.1		11 134	17 100
rfrpot	Fried potato (grams).	Numeric	F5.1		11 134	17 100
rfrpotdi	Fried potato dishes (g/day).	Numeric	F6.2		11 134	17 100
rfrvegbe	Fried vegetarian burgers/vegetarian sausage (g/day).	Numeric	F6.2		11 134	17 100
rfrreggd	Fried egg/milk/flour dishes (g/day).	Numeric	F5.1		11 134	17 100
rbameat	Roasted meat (g/day).	Numeric	F5.1		11 134	17 100
rbasau	Roasted sausage (g/day).	Numeric	F5.1		11 134	17 100
rbammeat	Roasted mince (g/day).	Numeric	F5.1		11 134	17 100
rbapoul	Roasted poultry (g/day).	Numeric	F5.1		11 134	17 100
rbafish	Baked fish/seafood (g/day).	Numeric	F6.2		11 134	17 100
rbaveg	Roasted vegetable/root vegetable (g/day).	Numeric	F5.2		11 134	17 100
rbapot	Baked potato (g/day).	Numeric	F5.1		11 134	17 100
rbomeat	Cooked meat (g/day).	Numeric	F5.1		11 134	17 100
rbosau	Cooked sausage (g/day).	Numeric	F5.1		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
rbommeat	Cooked mince (g/day).	Numeric	F5.2		11 134	17 100
rbopoul	Cooked poultry (g/day).	Numeric	F5.1		11 134	17 100
rpiveg	Pickled/lacto-fermented vegetables/root vegetables (g/day).	Numeric	F5.1		11 134	17 100
rbofish	Cooked fish/seafood (g/day).	Numeric	F5.1		11 134	17 100
rbopot	Boiled potato, mashed, baked (g/day).	Numeric	F4		11 134	17 100
rboveg	Cooked vegetable/root vegetable/legume, vegetarian sausage (g/day).	Numeric	F5.1		11 134	17 100
rborice	Boiled rice and other cereals (g/day).	Numeric	F4		11 134	17 100
rbopast	Boiled pasta incl stewed macaroni (g/day).	Numeric	F5.1		11 134	17 100
rporri	Porridge incl gruel (g/day).	Numeric	F5.1		11 134	17 100
rsmmpf	Smoked meat/sausage/mince/poultry/fish + seafood (g/day).	Numeric	F5.1		11 134	17 100
rpifish	Pickled herring, all kinds (g/day).	Numeric	F5.1		11 134	17 100
rcasmeat	Casserole with meat, pork/beef/lamb incl mince +/- vegetable (g/day).	Numeric	F5.1		11 134	17 100
rcasoff	Casserole with offal +/- vegetable (g/day).	Numeric	F5.1		11 134	17 100
rcassau	Casserole with sausage +/- vegetable (g/day).	Numeric	F5.1		11 134	17 100
rcaspoul	Casserole with poultry +/- vegetable (g/day).	Numeric	F5.1		11 134	17 100
rcasfish	Casserole with fish/seafood +/- vegetable (g/day).	Numeric	F5.1		11 134	17 100
rcasveg	Casserole with only vegetable/root vegetable incl potato (g/day).	Numeric	F4		11 134	17 100
rsoumsp	Soup with meat/sausage/mince/poultry (g/day).	Numeric	F5.1		11 134	17 100
rsoufish	Soup with fish/seafood (g/day).	Numeric	F5.1		11 134	17 100
rsouveg	Soup with only vegetable/root vegetable incl potato (g/day).	Numeric	F5.1		11 134	17 100
rpie	Savory pies, all kinds (g/day).	Numeric	F5.1		11 134	17 100
rgrampsf	'Lådor'/puddings (savory dish)/soufflés/gratins/pates, all kinds (g/day).	Numeric	F5.1		11 134	17 100
rcrep	Crepes, pirogs and similar, all kinds (g/day).	Numeric	F5.1		11 134	17 100
rpizza	Pizza, all kinds (g/day).	Numeric	F5.1		11 134	17 100
rfastfo	Fast food, burgers, etc (g/day).	Numeric	F5.1		11 134	17 100
rallinl	Complete meals (eg 'pyttipanna') all kinds (g/day). <i>Remarks: 'Pyttipanna' = hash of fried diced meat with onions and potatoes</i>	Numeric	F5.1		11 134	17 100
rsmalldi	Various small dishes, eg 'fräs' (g/day).	Numeric	F5.1		11 134	17 100
rsalsm	Accompaniment salad/vegetable without dressing (g/day).	Numeric	F5.1		11 134	17 100
rsalsmdr	Accompaniment salad with fat dressing, eg mimosa salad, potato salad (g/day).	Numeric	F5.1		11 134	17 100
rsalbig	Salad meal without dressing (g/day).	Numeric	F5.1		11 134	17 100
rcosandw	Sandwiches, cold (g/day).	Numeric	F5.1		11 134	17 100
rwasandw	Sandwiches, hot (g/day).	Numeric	F5.1		11 134	17 100
rwasauc	Warm sauces in total incl fat (g/day).	Numeric	F5.1		11 134	17 100
rpasauc	Pasta sauce (g/day).	Numeric	F5.1		11 134	17 100
rcosaoc	Cold sauces/dressings (g/day).	Numeric	F5.1		11 134	17 100
rdessert	Desserts (all types of desserts) (g/day).	Numeric	F4		11 134	17 100
rdrfmeat	Deep fried meat/poultry (g/day).	Numeric	F5.2		11 134	17 100
rdrffish	Deep fried fish/seafood (g/day).	Numeric	F5.2		11 134	17 100
rdrfpot	Deep fried potato (g/day).	Numeric	F5.1		11 134	17 100
rdrfveg	Deep fried vegetable (g/day).	Numeric	F5.2		11 134	17 100
rjam	Jam, puree, jelly (g/day).	Numeric	F5.1		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
rmus	Mustard (g/day).	Numeric	F5.2		11 134	17 100
rket	Ketchup (g/day).	Numeric	F5.2		11 134	17 100

MDC Energy and nutrients

Name	Variable label	Type	Format	Value label	Male	Female
lopnrMKC	Baseline sequence number in MDCS (Numeric). <i>Remarks:</i> original variable name is [lopnr] (in Bodycomp [seqno]).	Numeric	F5		11 134	17 100
enertot	Energy (kcal/day). <i>Remarks:</i> The variable 'enertot' is based on the original variable 'ener' (kcal/day), plus the energy in fibre, i e enertot=ener+2*fibe.	Numeric	F4		11 134	17 100
vatt	Water (g/day)	Numeric	F4		11 134	17 100
prot	Protein (g/day)	Numeric	F5.1		11 134	17 100
fett	Fat (g/day). <i>Remarks:</i> Total fat = saturated fat + monounsaturated fat + polyunsaturated fat	Numeric	F5.1		11 134	17 100
kolh	Carbohydrates (g/day)	Numeric	F5.1		11 134	17 100
fibe	Fibre, total (g/day)	Numeric	F5.1		11 134	17 100
aska	Ash (g/day)	Numeric	F5.2		11 134	17 100
reti	Retinol (mg/day)	Numeric	F5.2		11 134	17 100
karo	Beta-carotene (mg/day)	Numeric	F6.2		11 134	17 100
rekv	Retinol equivalents (mg/day)	Numeric	F5.2		11 134	17 100
dvit	Vitamin D (ug/day)	Numeric	F5.2		11 134	17 100
evit	Vitamin E (mg/day)	Numeric	F7.2		11 134	17 100
toko	D-alpha-tocopherol (mg/day)	Numeric	F7.2		11 134	17 100
asko	Ascorbic acid (mg/day)	Numeric	F7.1		11 134	17 100
tiam	Thiamin (mg/day)	Numeric	F7.3		11 134	17 100
ribo	Riboflavin (mg/day)	Numeric	F7.3		11 134	17 100
fola	Folate (ug/day)	Numeric	F5		11 134	17 100
niac	Niacin (mg/day)	Numeric	F7.2		11 134	17 100
niek	Niacin equivalents (mg/day)	Numeric	F6.1		11 134	17 100
b6	B6 (Pyridoxine) (mg/day)	Numeric	F7.3		11 134	17 100
b12	B12 (Cobalamin) (mg/day)	Numeric	F8.2		11 134	17 100
kalc	Calcium (mg/day)	Numeric	F4		11 134	17 100
fosf	Phosphorus (mg/day)	Numeric	F4		11 134	17 100
jern	Iron (mg/day)	Numeric	F6.2		11 134	17 100
magn	Magnesium (mg/day)	Numeric	F6.1		11 134	17 100
natr	Sodium (g/day)	Numeric	F5		11 134	17 100
kali	Potassium (mg/day)	Numeric	F5		11 134	17 100
zink	Zinc (mg/day)	Numeric	F6.2		11 134	17 100
sele	Selenium (ug/day)	Numeric	F5.1		11 134	17 100
alko	Alcohol (g/day). <i>Remarks:</i> The variables 'alko' and 'ak89' (from the baseline questionnaire) are commonly used together to identify zero alcohol consumers and to create sex specific groups (low, medium, high), see Ericson <i>et al</i> Am J Clin Nutr 2015;101:1065, and Frondelius <i>et al</i> Nutrients 2017, 9, 211.	Numeric	F6.2		11 134	17 100
mfet	Saturated fat (SFA) (g/day)	Numeric	F5.1		11 134	17 100
mone	Monounsaturated fat (MUFA) (g/day)	Numeric	F5.1		11 134	17 100
pole	Polyunsaturated fat (PUFA) (g/day)	Numeric	F5.2		11 134	17 100
kole	Cholesterol (g/day)	Numeric	F5.3		11 134	17 100

Name	Variable label	Type	Format	Value label	Male	Female
msac	Monosaccharides (g/day)	Numeric	F5.1		11 134	17 100
dsac	Disaccharides (g/day)	Numeric	F6.2		11 134	17 100
sack	Sucrose (g/day)	Numeric	F5.1		11 134	17 100
f410	Butyric acid, Caproic acid, Caprylic acid, Capric acid, C4:0-C10:0 (g/day)	Numeric	F5.2		11 134	17 100
f120	Lauric acid, C12:0 (g/day)	Numeric	F5.2		11 134	17 100
f140	Myristic acid, C14:0 (g/day)	Numeric	F5.2		11 134	17 100
f160	Palmitic acid, C16:0 (g/day)	Numeric	F5.2		11 134	17 100
f180	Stearic acid, C18:0 (g/day)	Numeric	F5.2		11 134	17 100
f200	Arachidic acid, C20:0 (g/day)	Numeric	F5.3		11 134	17 100
f161	Palmitoleic acid, C16:1 (g/day)	Numeric	F5.3		11 134	17 100
f181	Oleic acid, C18:1 (g/day)	Numeric	F5.1		11 134	17 100
f183	Alpha-linolenic acid (n-3), gamma-linolenic acid (n-6), C18:3 (g/day)	Numeric	F5.2		11 134	17 100
f204	Arachidonic acid (n-6), C20:4 (g/day)	Numeric	F5.3		11 134	17 100
f182	Linoleic acid (n-6), C18:2 (g/day)	Numeric	F5.2		11 134	17 100
f205	Eicosapentaenoic acid (n-3), C20:5 (g/day)	Numeric	F5.3		11 134	17 100
f225	Docosapentaenoic acid (n-3) C22:5 (g/day)	Numeric	F6.4		11 134	17 100
f226	Docosahexaenoic acid (n-3), C22:6 (g/day)	Numeric	F5.3		11 134	17 100

MDC Energy and nutrients from supplements

Name	Variable label	Type	Format	Value label	Male	Female
lopnrMKC	Baseline sequence number in MDCS (Numeric). <i>Remarks:</i> original variable name is [lopnr] (in Bodycomp [seqno]).	Numeric	F5		6 582	12 801
enertot_s	Energy (from dietary supplements) (kcal/day). <i>Remarks:</i> The variable 'enertot_s' is based on the original variable 'ener_s' (kcal/day), plus the energy in fibre, i e $enertot_s = ener_s + 2 * fibe_s$.	Numeric	F4		6 582	12 801
vatt_s	Water (from dietary supplements) (g/day)	Numeric	F4		6 582	12 801
prot_s	Protein (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801
fett_s	Fat (from dietary supplements) (g/day). <i>Remarks:</i> Total fat = saturated fat + monounsaturated fat + polyunsaturated fat	Numeric	F5.1		6 582	12 801
kolh_s	Carbohydrates (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801
fibe_s	Fibre, total (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801
aska_s	Ash (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
reti_s	Retinol (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
karo_s	Beta-carotene (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
rekv_s	Retinol equivalents (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
dvit_s	Vitamin D (from dietary supplements) (ug/day)	Numeric	F5.2		6 582	12 801
evit_s	Vitamin E (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
toko_s	D-alpha-tocopherol (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
asko_s	Ascorbic acid (from dietary supplements) (mg/day)	Numeric	F5.1		6 582	12 801

Name	Variable label	Type	Format	Value label	Male	Female
tiam_s	Thiamin (from dietary supplements) (mg/day)	Numeric	F5.3		6 582	12 801
ribo_s	Riboflavin (from dietary supplements) (mg/day)	Numeric	F5.3		6 582	12 801
fola_s	Folate (from dietary supplements) (ug/day)	Numeric	F4		6 582	12 801
niac_s	Niacin (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
niek_s	Niacin equivalents (from dietary supplements) (mg/day)	Numeric	F5.1		6 582	12 801
b6_s	B6 (Pyridoxine) (from dietary supplements) (mg/day)	Numeric	F6.3		6 582	12 801
b12_s	B12 (Cobalamin) (from dietary supplements) (mg/day)	Numeric	F6.2		6 582	12 801
kalc_s	Calcium (from dietary supplements) (mg/day)	Numeric	F4		6 582	12 801
fosf_s	Phosphorus (from dietary supplements) (mg/day)	Numeric	F4		6 582	12 801
jern_s	Iron (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
magn_s	Magnesium (from dietary supplements) (mg/day)	Numeric	F6.1		6 582	12 801
natr_s	Sodium (from dietary supplements) (g/day)	Numeric	F5		6 582	12 801
kali_s	Potassium (from dietary supplements) (mg/day)	Numeric	F5		6 582	12 801
zink_s	Zinc (from dietary supplements) (mg/day)	Numeric	F5.2		6 582	12 801
sele_s	Selenium (from dietary supplements) (ug/day)	Numeric	F5.1		6 582	12 801
alko_s	Alcohol (from dietary supplements) (g/day)	Numeric	F6.2		6 582	12 801
mfet_s	Saturated fat (SFA) (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801
mone_s	Monounsaturated fat (MUFA) (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801
pole_s	Polyunsaturated fat (PUFA) (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
kole_s	Cholesterol (from dietary supplements) (g/day)	Numeric	F5.3		6 582	12 801
msac_s	Monosaccharides (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801
dsac_s	Disaccharides (from dietary supplements) (g/day)	Numeric	F6.2		6 582	12 801
sack_s	Sucrose (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801
f410_s	Butyric acid, Caproic acid, Caprylic acid, Capric acid, C4:0-C10:0 (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
f120_s	Lauric acid, C12:0 (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
f140_s	Myristic acid, C14:0 (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
f160_s	Palmitic acid, C16:0 (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
f180_s	Stearic acid, C18:0 (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
f200_s	Arachidic acid, C20:0 (from dietary supplements) (g/day)	Numeric	F5.3		6 582	12 801
f161_s	Palmitoleic acid, C16:1 (from dietary supplements) (g/day)	Numeric	F5.3		6 582	12 801
f181_s	Oleic acid, C18:1 (from dietary supplements) (g/day)	Numeric	F5.1		6 582	12 801

Name	Variable label	Type	Format	Value label	Male	Female
f183_s	Alpha-linolenic acid (n-3), gamma-linolenic acid (n-6), C18:3 (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
f204_s	Arachidonic acid (n-6), C20:4 (from dietary supplements) (g/day)	Numeric	F5.3		6 582	12 801
f182_s	Linoleic acid (n-6), C18:2 (from dietary supplements) (g/day)	Numeric	F5.2		6 582	12 801
f205_s	Eicosapentaenoic acid (n-3), C20:5 (from dietary supplements) (g/day)	Numeric	F5.3		6 582	12 801
f225_s	Docosapentaenoic acid (n-3) C22:5 (from dietary supplements) (g/day)	Numeric	F6.4		6 582	12 801
f226_s	Docosahexaenoic acid (n-3), C22:6 (from dietary supplements) (g/day)	Numeric	F5.3		6 582	12 801

MDC Food and nutrients - Miscellaneous

Name	Variable label	Type	Format	Value label	Male	Female
lopnrMKC	Baseline sequence number in MDCS (Numeric). <i>Remarks:</i> original variable name is [lopnr] (in Bodycomp [seqno]).	Numeric	F5		11 063	17 035
season	Season of collection of dietary data (seven-day diary and diet history interview)	Numeric	F1	1 = Jan-March 2 = April-June 3 = July-Sept 4 = Oct-Dec	11 063	17 035
method	Dietary method, based on the date of collection of dietary data (seven-day diary and diet history interview) in relation to the change of coding of dietary data (Sept 1, 1994)	Numeric	F1	1 = Old: Before Sept 1, 1994 2 = New: After Sept 1, 1994	11 063	17 035
ka	Code of dietary assistant who performed the dietary history interview	Numeric	F2	1 = Dietary interviewer 1 2 = Dietary interviewer 2 3 = Dietary interviewer 3 4 = Dietary interviewer 4 5 = Dietary interviewer 5 6 = Dietary interviewer 6 7 = Dietary interviewer 7 8 = Dietary interviewer 8 9 = Dietary interviewer 9 10 = Dietary interviewer 10 11 = Dietary interviewer 11 12 = Dietary interviewer 12 13 = Dietary interviewer 13 14 = Dietary interviewer 14 15 = Dietary interviewer 15 16 = Dietary interviewer 16 17 = Dietary interviewer 17	11 063	17 035
ener_rap	Reported energy intake in relation to the energy consumption. <i>Remarks:</i> The variable was originally called 'ur_er_or'. For further description see Mattisson <i>et al</i> , British Journal of Nutrition 2005;94(5):832-42.	Numeric	F1	1 = Under 2 = Adequate 3 = Over	11 063	17 035