

Table 3. Frequency and portion size of intake seafood for dinner and frequency of intake of seafood as spread, in salads and as snack meal.

	All (n=53)	Females (n=20)	Males (n=33)
<i>Seafood for dinner</i>			
Never	1	0	1
< 1 times/month	1	0	1
1-3 times/month	7	3	4
1-2 times/week	37	16	21
≥ 3 times more/week	7	1	6
<i>Portion size of dinner</i>			
≤ 0.5 portion	1	0	1
1 portion	26	15	11
1.5 portions	14	4	10
2 portions	11	1	10
3 portions	1	0	1
<i>Seafood as spread, in salads, as snack meal</i>			
Never	2	1	1
< 1 times/month	5	2	3
1-3 times/month	11	4	7
1-2 times/week	11	5	6
3-5 times/week	19	6	13
> 5 times/week	5	2	3