Extract 1

1 A: eikö banaani liho:ta.
   not+Q banana fatten
   Isn’t banana fa:ttening.
2   (1.2)
3 N: ei se [sen
   No it [its
4 B: [elä nyt heti tyrmää [k(h)u ( )] hah hah hah
   don’t+you now immediatelly knock+out when
   [Don’t throw it out right away [wh(h)en ( )] hah hah hah
5 N: [Weh heh heh
6 N: s[e:, I][t,
7 A: [sitä kuulee kaiken[laista.
   it 0+hears all+kinds+of+things
   [One hears all kinds[of things.
8 N: [se on, I][t is,
9 C: Mm
10 N: ↑semmonen hirveen vahvassa, (.) oleva usko.
   ↑like a belief that is, (.) terribly strong.
   the+kind+of, terribly strongly existing belief
   ↑like a belief that is, (.) terribly strong.

Extract 2

Group’s perspective (Group 2)

1 N: onko ollu <vaikeeta> kävellä sen karkkihyllyn o[hi. ]
   has+Q been hard to+walk that candy+shelf past
   has it been <hard> to walk past that candy [shelf. ]
2 A: [ei s-] (.) ei oo
   no not has
   [no i- ] (.) it hasn’t
3 ollu vaikeeta kun sen tehny päätöksen että “ei ny (ruukaa)”
   been hard when that done decision that not now (have+habit+of)
   been hard when one has made that decision that °I’m not going
4 A: 

there anymore [ ( - )°

5 ?: [°.hm°]

6  (0.4)

7 N: °joo.°

yes

°yes.°

8  (1.1)

9 N: hh[hh ] [makean (syöntihä-)]

sweet’s eating

.hh[hh ] [(eating) sweets- ]

10 A: [mut]ta s[e makkeen- (.) ↑MAKKEEN HI]MO NI mistä se voipi

but that sweet’s sweet’s graving like where it can

[ but th[at craving- (.) ↑CRAVING FO]R SWEETS where does it

11 johtua.

be+due

come from.

((Continues))

Nutritionist’s perspective

1 N: onko ollu VAIKEETA kävellä sen karkkihylyyn ohi.

has+Q been hard to+walk that candy+shelf past

has it been HARD to walk past that candy shelf.

2  (0.7)
3 A: ei s- (.) ↑ei oo ollu vaikeeta kun sen on tehny päättöksen

no not has been hard when that has done decision

No i- (.) ↑it hasn’t been hard when one has made that decision

4 A: °(that I’m not)?°

°(ettei?)°

that+not

5 (0.3)

6 N: joo:. yes yes:

7 (1.3)

8 N: .hhh MAKEAN syön[tihä- ]

sweet’s eating

.hhh EATING swe[ets- ]

9 L: [(ta se ma]kee, (. makeen himo nii >mistä se<

that sweet’s sweet’s graving like where it

[(-ut that cra]ving, (. craving for sweets >where

10 voipi johtua.

can be+due

does it< come from.

((Continues))
Extract 3

**Group’s perspective (Group 2)**

1 N: .hhhhhhh no entäs A?
   
   well how+about A
   
   .hhhhhhh well how about A?

2  (0.3)

3 N: mitäs sulla ois.=
   
   what you would+have
   
   what do you have.=

4 A: =no mullon jus[t tähä?] (0.2) kr kr krhm (0.8)
   
   well I+have exactly to+this
   
   =well I have a point exact[ly to this?] (0.2) kr kr krhm (0.8)

5 ???:  [ .nffft  ]

6 A: tämä ilta- ilta(nen) väsymys ja se et kun iltapaa otan nii,
   
   this evening evening tiredness and it that when supper I+take so
   
   this evening- evening tiredness and that when I take supper so,
   
   ((16 lines omitted. A tells about her difficulties in managing eating in the evenings. B responds by telling how she prepares the amount of sandwiches she is about to eat and then puts the ingredients away to avoid over eating.)))

22 B: .hhh heh[ hehf ] [ .hhh  ]

23 A:  [° nii.° ] et [se on niinku] se, (.o) minu' ongelma että syöm
   
   yeah so it is like it my problem that I+eat
   
   [°yeah.o] so [it’s like] that, (.) my problem that I eat

24 enemmän >↑illalla<=mulle ei niinku päivällä mullei
more in+evening to+me no like during+day I+don’t

more then >↑in the evening<= I don’t like during the day I don’t

25 oo ongelmaa eikä oo sillonkaa vielä ku mä töistä mee’ niin? .hhh

have problem neither have then+even still when I from+work go so

have problems and neither then still when I come from work so? .hhh

26 siinä syönnis ei oo ongelmaa mut se iltapala on semmone, (0.3)

in+that eating no is problem but that supper is that+kind+of

there is no problem with eating but the supper is kind of a, (0.3)

27 A: < kompastus[°kivi.°]  ]

stumbling+block

< stumbling [°block.°]  ]

28 B: [°(mullon <äivan ] samallailla.) (--)°

I+have exactly same+way

[°(I have <exactly] the same.) (--)°

29 (0.4)

30 N: joo:=

yes

ye:s.=

31 B: =°ajatuksen tasolla.

thought’s level

=°in principle.°

32 (0.4)

33 C: nii ja sitte [se:, ]

yeah and then that

yeah and then [that:]
Nutritionist’s perspective

1 N: .hhhhhhh no entäs A?

   well how+about+s A

   .hhhhhhh   well how about A?

2 (0.3)

3 N: mitäs sulla ois.

   what you would+have

   what do you have.

4 (1.3)

5 A: no mullon jus[t tähä?] (0.2) kr kr krhm (0.8)

   well I+have exactly to+this

   well I have a point exact[ly to this?] (0.2) kr kr krhm (0.8)

6 ?: [ .nffft ]

7 A: tämä iltä- iltä(nen) väsymys ja se et kun iltapaa otan nii,

   this evening evening tiredness and it that when supper I+take so

   this evening- evening tiredness and that when I take supper so,

   ((16 lines omitted. A tells about her difficulties in managing eating in the evenings. B responds by telling how she prepares the amount of sandwiches she is about to eat and then puts the ingredients away to avoid over eating.))

22 B: .hhh heh[ heh£ ] [ .hhh ]
A: [°nii.°] et [se on niinku] se, (. ) minu' ongelma että syön

yeah so it is like it my problem that I eat

[°yeah.°] so [ it’s like] that, (. ) my problem that I eat

enemmän sillon >↑illalla<=mulle ei niinku päivällä mullei

more then in+evening to+me no like during+day I+don’t

more then >↑in the evening<=I don’t like during the day I don’t

oo ongelmaa eikä oo sillonkaa vielä ku mä töistä mee’ niin?

have problem neither have then+even still when I from+work go so

have problems and neither then still when I come from work so?

.hhh (0.2) siinä syönnis ei oo ongelmaa mut se iltapala on

in+that eating no is problem but that supper is

.hhh (0.2) there is no problem with eating but the supper is

semmone, (0.3) kompastus°kivi.°

that+kind+of stumbling+block

kind of a, (0.3) stumbling °block.°

(1.1)

29 N: joo:

yes

ye:s.

30 (1.0)

31 B: °ajatuksen tasolla.=

thought’s level

°in principle.°=

32 N: =hirveä[n hyvä m?]

awfully good
= really good m? ]

33 C: [ nii (---) ]

yeah

[ yeah (---) ]

34 (0.7)

35 N: hirveän hyvä ehdotus,

awfully good suggestion

really good suggestion,

((Continues))
Group’s perspective (Group 2)

1 N: Oikei' hyviä konsteja.
   
   really good tips
   
   Really good tips.

2 N: Sait kolme pistettä.
   
   you+got three points
   
   You got three points.

3 N: [ ] Haluaako joku lisätä tähän vielä, (.) jonku asian.
   
   want+Q somebody add to+this still some thing
   
   [Does somebody want] to add something more, (.) to this issue.

4 ?: [ ]

5 (4.1)

6 A: No= ei muutaku [(sen-)]
   
   well no else+than that
   
   Well=nothing more than [ that- ]

7 N: [ ] stres]ihän vaikut- (.) ↑ni?
   
   tress+CLT yeah
   
   [As we know] stress affect- (.) ↑yeah?

8 A: sem[most- (. ) e-] ajattelin  että siis sillon=kun tuntuu oikein
   
   that I+thought that so then when feel+0 really
   
   Th[at- (. ) e-] I thought that when=it feels really

9 N: [ >sano vaan.<]
   
   say PTCL
   
   [ >Go ahead.<]
A: >tympeeltä nii, < (0.4) mää ainakii yritän keksiä jotakin semmosta

dull so I at+least try invent something that+kind+of

stressful, < (0.4) I at least try to come up with something

A: tekemistä >mistä mää< tykkään.

activity that I like
to do >that I< like.

(1.0) ((Continues))

Nutritionist's perspective

N: Oikei' hyviä konsteja.

really good tips

Really good tips.

N: Sait kolme pistettä.

you+got three points

You got three points.

N: Haluaako joku lisätä tähän vielä, (.) jonku asian.

want+Q somebody add to+this still some thing

Does somebody want to [add some]thing more, (.) to this issue.

?:

[ (-) ]

(4.7)

N: Stressi[hän vaikut-]

stress+CLT

As we kn[ow stress affect-]

B: [ No=ei muutaku,]

well no else+than
[Well=nothing more than,]

8 (.)

9 N: ↑ni?
    yeah
    ↑yeah?

10 (0.5)

11 N: >Sano vaan.<=

    say PTCL

>Go ahead.<=

12 B: =(Et se-)] (0.5) ajattelin  että siis sillon=kun tuntuu oikein
    that  I+thought that so then when feel+0 really
    That- (.) e- I thought that when=it feels really

13 B: >tympeeltä nii,< (0.4) mää ainakii yritän keksiä jotakin semmosta
    dull  so  I at+least try invent something that+kind+of
    >stressful,< (0.4) I at least try to come up with something

14 B: tekemistä >mistä mää< tykkäään.

    activity  that  I like

    to do >that I< like.

((Continues))