



			Know	Diabetic 1	Slimming 2	Allergies 3	Other 4
6. Has the child eaten away from home during the last week? Specify the number of times and place.	1	2	Don't Know	Number: Place/s*:			

**\*May be more than one place; COPYRIGHT RESERVED: NATIONAL FOOD CONSUMPTION SURVEY 1999.**

**Tick one box only**

QUESTION	YES	NO	DON'T KNOW	REMARKS / OTHER
7. Does the child eat maize porridge?	1	2	3	If yes, what type do you have at home now? Give brand name 1
				Don't know 2
				Grind self 3
8. If brand name is given, do you usually use this brand?	1	2	3	

9. Where do you get maize-meal from?	Shop: 1 Specify type:	Employer 2	Harvest /grind self 3	Other 4 Specify:	Don't know 5	NA 6
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10. Where do you usually store your maize-meal?		NA				
11. What amount of maize meal do you store (kg)?		NA				
12. For how long do you usually store maize meal (days)?		NA				
13. How long do you usually cook the child's porridge (minutes)?		NA				
14. Is the maize porridge cooked on:	Open fire 1	Electric stove / plate 2	Gas Stove 3	Paraffin Stove 4	Other Specify: 5	NA 6

15. Does your child eat breakfast	Regularly (4 or more times a week)	Sometimes (1-3 times a week)	Never
	1	2	3

**INSTRUCTIONS TO FIELDWORKERS:**

CIRCLE THE CHOSEN ANSWER AND FILL IN THE AMOUNT AND TIMES EATEN IN THE APPROPRIATE COLUMNS.

I will ask you about the type and the amount of food the child has been eating during the last 6 months. Please tell me if the child eats the food, how much the child eats and how often the child eats it.

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV	
PORRIDGE	<b>Maize-meal Porridge</b>	Stiff (Pap) –Plain	<b>3400</b>	1c stiff = 250 g							
		-Enriched	<b>4278</b>	1T = 75g							
		Soft (Slappap) – Plain	<b>3399</b>	1c soft = 250g							
		-Enriched	<b>4277</b>	1T = 75g							
		Crumbly (Phutu) – Plain	<b>3401</b>	1 c crumbly = 140 g							
		- Enriched	<b>4279</b>	1T = 30g							
		<b>Sour Porridge</b>	Maize with Vinegar Maize Fermented	<b>P0001</b> <b>P0002</b>	½c = 125g						
			Mabella with Vinegar Mabella Fermented	<b>P0003</b> <b>P0004</b>	1c = 250g						
	<b>Mabella Porridge/Cornrice</b>	Stiff	<b>3437</b>	½ c = 125g							
		Soft	<b>3437</b>								
	<b>Maltabella Porridge</b>	Stiff	<b>3241</b>	½ c = 125g							
		Soft	<b>3241</b>								
	<b>Oats Porridge</b>	Brand Name:	<b>3239</b>	2c = 125g							
	<b>Other Cooked Cereals</b>	Specify Type:									
	<b>Milk on Porridge (Circle type usually used)</b>	None									
		Whole/Fresh	<b>2718</b>	little = 30g med = 60g							
		Sour	<b>2787</b>	much = 125g							
		2%	<b>2772</b>								
Fat Free / Skim		<b>2775</b>									
Milk Blend		<b>2771</b>									

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
		Soy Milk	2737							
		Condensed (Whole, Sweet)	2714	1t = 10g						
		Condensed (Skim, Sweet)	2744							
		Evaporated Whole	2715	1t = 3g						
		Evaporated Low Fat	2827							
		Non-Dairy Creamer	2751	1t = 4g						
	Is sugar added to porridge? (Circle type usually used)	None								
		White	3989	1t sugar = 6g						
		Brown	4005							
		Syrup	3988	1t honey/syrup = 15g						
		Honey	3984							
		Sweetener: Type	P0016							

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Is fat added to porridge? (Circle type usually used)	None								
		Animal Fat (Butter)	3479	1t marg/oil = 5g						
		Hard Margarine	3484							
		Soft Margarine (PM)	3496							
		Soft Margarine (Med)	3531							
		Sunflower Oil	3507							
		Peanut Butter	3485	1t = 12g						
BREAKFAST CEREALS	Breakfast Cereals	Specify types usually eaten		(See Manual)						
	Baby/Infant Cereals (Circle Type)	Mixed Dry (Nestum 2)	2834	1t = 2g						
		Mixed Dry (Purity)	2842	1T = 8g						
		Wholewheat Dry (Purity)	2861	½ c = 20g						
		Rice and Maize Dry (Nestum)	2835							
		Rice Dry (Purity)	2862							
		Wheat Dry (Nestum 1)	2832							
		With Milk Dry (Cerelac)	2836							
		Junior Cereal Dry	2833							
	Other									

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Milk on Cereal	Specify Type		(See Manual)						
	Is sugar added to cereal?	Specify Type		(See Manual)						
	Is fat added to cereal?	Specify Type		(See Manual)						

How many times a week does the child eat porridge or breakfast cereals at any time of day (not only breakfast): \_\_\_\_\_

I am now going to ask about starchy foods:

<b>STARCHES</b>	Samp/Maize Rice	Samp, White	<b>3250</b>	1T = 55g; 1 SP = 125g;						
		Maize Rice	<b>3250</b>	½ c = 125g						
		Sweetcorn Boiled	<b>3725</b>	1T = 25g; 1 SP = 45g; ½ c 65g						
	Samp and Beans	Specify Ratio:	<b>3402</b>							
	Samp and Peanuts	Specify Ratio:	<b>P0013</b>	1T = 50g 1SP = 125g ½ c = 125g						
	Rice: Specify Brands Names	White	<b>3247</b>	1T = 25g; 1SP = 60g;						
		Brown	<b>3315</b>	½ c = 65g						
Stamped Wheat		<b>3249</b>	1T = 30g; 1SP = 80g; ½ c=80g							

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
<b>STARCHES</b>	Pastas	Macaroni	<b>3262</b>	1T = 35g; 1SP = 70g;						
		Spaghetti Plain	<b>3262</b>	½ c = 90g						
		Spaghetti and Tomato Sauce	<b>3258</b>	1T =45g; 1SP =80g; ½ c=125g						
		Other: Specify								
	Do you add fat to any of these starchy foods?	Yes _____ No _____  If yes, specify types, amounts and to which food?		(See Manual)						

How many times a week does the child eat the above starchy foods? \_\_\_\_\_

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV	
<b>BREADS AND SPREADS</b>	<b>Now we come to bread and bread spreads:</b>										
	<b>Bread/Bread Rolls</b>	White	<b>3210</b>	Wh+Br 10mm = 30g Wh + Br 20mm = 60g Wh + Br 30mm = 100g							
		Brown	<b>3211</b>	½ loaf = 400g							
		Whole Wheat	<b>3212</b>	Ww 10mm = 35g							
	<b>Other Breads (Specify Types)</b>	Raisin	<b>3214</b>	m/s = 30g; L/s = 50g							
		Maize Meal	<b>3278</b>								
		Sweetcorn	<b>3379</b>								
		Rye	<b>3213</b>								
		Pumpernickel	<b>3283</b>								
	Other										
	<b>How many times per week does the child eat bread? _____</b>										
	<b>Dumpling</b>	(Depends on specific areas)		<b>(See Manual)</b>							
	<b>Vetkoek</b>	(Depends on specific areas)		8 cm diam = 60g							
	<b>Provita</b>		<b>3235</b>	6g							
	<b>Crackers</b>	Cream Crackers	<b>3230</b>	8g							
Refined (eg. Tuc)		<b>3331</b>	4g								
Wholewheat		<b>3391</b>	8g								
<b>Pizza</b>	(Specify Toppings)		<b>(See Manual)</b>								
<b>Hot Dogs</b>	(Specify Sausage)		<b>(See Manual)</b>								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	<b>Hamburgers</b>	(Specify Meat)		<b>(See Manual)</b>						
	<b>Are any of the following spreads on the child's bread? Fat Spreads: (Tick box)</b>	Butter	<b>3479</b>	1t = 5g						
		Butro	<b>3523</b>							
		Animal Fat (Beef Tallow)	<b>3494</b>							
Lard		<b>3495</b>								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
<b>BREADS AND SPREADS</b>		Hard Margarine	<b>3484</b>							
		Soft Margarine (PM)	<b>3496</b>							
		Soft Margarine (Med)	<b>3531</b>							
		<b>PeanutButter</b>		<b>3485</b>	1t = 12g					
		<b>Sweet Spreads</b>	Jam	<b>3985</b>	1t = 15g					
			Syrup	<b>3988</b>						
			Honey	<b>3984</b>						
		<b>Marmite/OXO</b>	Marmite	<b>4030</b>	thin = 2g; med = 4g;					
			Oxo	<b>4029</b>	thick=7g					
		<b>Paste</b>	Fish Paste	<b>3109</b>	thin = 5g; med = 7g;					
			Meat Paste	<b>2917</b>	thick = 10g					
		<b>Cheese (Specify Types)</b>	Cheddar	<b>2722</b>	grated: med = 10g;					
			Gouda	<b>2723</b>	thick = 15g cubes = 30g; slice = 8g; cheezi = 20g					
			Cottage Low-Fat Cheese	<b>2760</b>	med = 20g; thick = 30g					
		Cream Cheese	<b>2725</b>	thin = 10g; med = 20g						
		Other								
	<b>Cheese Spreads (Specify Types)</b>		<b>2730</b>	med = 12g; thick = 25g						
	<b>Atchar</b>		<b>3117</b>	1T = 14g; 1SP = 60g						
	<b>Other Spreads (Specify Types)</b>									

**You are being very helpful. Can I ask you about protein foods? These are: meat, beans, chicken, fish and eggs.**

<b>CHICKEN</b>		Boiled with skin	<b>2926</b>	Breast + skin = 125g					
		Boiled without skin	<b>2963</b>	Thigh = 80g					
		Fried in batter/crumbs	<b>3018</b>	Drumstick = 42g					
		Fried – not coated	<b>2925</b>	Foot = 30g					
		Roasted/grilled with skin	<b>2925</b>	Wing = 30g					
		Roasted/grilled without skin	<b>2950</b>						
		<b>Chicken Bones Stew</b>	(Specify ingredients)	<b>P0048</b>					
		<b>Chicken Heads</b>		<b>2999</b>					

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	<b>Chicken Stew</b>	With Vegetables	<b>3005</b>	1SP = 90g;						
		With Tomato & Onion	<b>2985</b>	½ c = 125g						
	<b>Chicken Feet</b>		<b>2997</b>	Foot = 30g						
	<b>Chicken Offal</b>	Giblets	<b>2998</b>	stomach = 20g						
	<b>Chicken Liver</b>		<b>2970</b>	Liver = 30g						
	<b>Chicken Pie</b>	Commercial or homemade	<b>2954</b>	med = 150g						
<b>RED MEAT</b>	<b>Beef</b>	Roasted with Fat	<b>2944</b>	120 x 60 x 5 = 35g						
		Roasted, Fat Trimmed	<b>2960</b>	120 x 60 x 10 = 70g						
		Rump, Fried with Fat	<b>2908</b>	S/s 130 x 70 x 15 = 125g						
		Rump, Fried, Fat Trimmed	<b>2959</b>	L/s 165 x 70 x 30 = 270g						
		Stewed/Boiled With Fat (Cabbage)	<b>3006</b>	1SP = 105g; ½ c = 125g						
		Stewed/Boiled Without Fat (Vegetables)	<b>2909</b>							
		Mince With Tomato and Onion	<b>2987</b>	1T=40g;1SP=85g; ½ c=100g						
		Other Preparation Methods:								
	<b>Mutton</b>	Fried/Grilled: With Fat	<b>2927</b>	Loin chop = 60g;						
		Fried/Grilled: Without Fat	<b>2934</b>	Rib chop = 40g						
		Stew: Plain	<b>2974</b>	1SP = 105g;						
		Stew: Irish (Vegetables)	<b>2916</b>	½ c = 125g						
		Stew: Curry	<b>3039</b>							
		Stew: Greenbean	<b>3040</b>							
		Other Preparation Methods:								
	<b>Pork</b>	Fried/Grilled: With Fat	<b>2930</b>	Chop: 115 x 80 x 20 = 100g						
		Fried/Grilled: Without Fat	<b>2977</b>	Schnitzel: 115 x 80 x 20 = 110g						
		Roast With Fat	<b>2958</b>	Roast: 110x 65 x 5 = 30g						
		Roast Without Fat	<b>2978</b>	1SP = 105g; ½ c = 125g						
		Other Preparation Methods:								
	<b>Goat</b>	Fried/Grilled: With Fat	<b>P0008</b>	120 x 60 x 5 = 35g						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
		Fried/Grilled: Fat Trimmed	<b>P0009</b>	120 x 60 x 10 = 70g						
		Stewed (Plain)	<b>4281</b>	1SP = 105g						
		Stewed (With Vegetables)	<b>4282</b>	½ c = 125g						
		Other Preparation Methods:								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
<b>MEAT: GENERAL</b>	<b>Offal</b>	"Vetderm" Fried	<b>P0023</b>	1SP = 105g; ½ c = 125g						
		Liver: Beef (Fried)	<b>2920</b>	80g						
		Liver: Sheep (Fried)	<b>2955</b>	55g						
		Kidney (Beef)	<b>2923</b>	85g						
		Kidney (Sheep)	<b>2956</b>	30g						
		Tripe, Beef, Cooked in Milk	<b>2951</b>	1SP = 105g; ½ c = 125g						
		Heart (Beef)	<b>2968</b>	60g						
		Heart (Sheep)	<b>2969</b>	60g						
		Lung (Beef)	<b>3019</b>	60g						
	<b>Wors/Sausage</b>	Fried	<b>2931</b>	Thin x 200mm = 45g; Thick x 165mm = 90g						
	<b>Bacon</b>	Fat	<b>2906</b>	1 rasher = 10g						
		Lean	<b>2915</b>							
	<b>Cold Meats</b>	Polony	<b>2919</b>	Slice 5mm thick = 8g Comm slice = 16g						
		Ham	<b>2967</b>	Med slice = 25g						
		Viennas	<b>2936</b>	100mm = 30g; 150mm = 40g						
		Other								
	<b>Canned Meats</b>	Bully Beef	<b>2940</b>	138 x 85 x 3 = 20g; ½ c = 100g						
		Other (Specify)								
	<b>Meat Pie</b>	Bought (Steak & Kidney)	<b>2957</b>	120g						
		Other (Specify)								

<b>Legumes (Specify dried beans/peas/legumes)</b>	Stews (Bean, Potato & Onion)	<b>3178</b>	1T=60g; 1SP = 120g; ½c=125g						
	Soups: Commercial	<b>3165</b>	½ c = 125g						
	Split Pea	<b>3157</b>	1T=35g; 1SP = 80g;						
	Lentil	<b>3153</b>	½ c = 130g						
	Beef & Vegetables	<b>3159</b>							
	Bean	<b>3145</b>							
	Legume Salad	<b>3174</b>	1T=40g; 1SP=105g; ½ c=135g						
<b>Soya Products e.g. Toppers / Imana</b>	(Specify)	<b>3196</b>	1SP = 85g; ½ c = 120g						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
FISH	<b>Fried Fish (Fresh or Frozen, Fried in Sun Oil)</b>	With Batter/Crumbs	<b>3094</b>	Small 50 x 55 x 30 = 60g;						
		Without Batter/Crumbs	<b>3084</b>	Med 100 x 55 x 30 = 120g						
	<b>Canned Fish</b>	Pilchards in Brine	<b>3055</b>	1 Pilchard = 75g						
		Pilchards in Tomato Sauce	<b>3102</b>							
		Pilchards, Mashed	<b>3102</b>	1 SP = 85g; ½ c = 100g						
		Sardines in Oil	<b>3104</b>	Ss = 7g; L/s = 25g						
		Sardines in Tomato Sauce	<b>3087</b>							
		Tuna in Oil	<b>3093</b>	¼ c = 50g						
		Tuna in Brine	<b>3054</b>							
	Other (Specify)									
<b>Pickled Fish/Curried Fish</b>		<b>3076</b>	1 SP = 95g; ½ c=140g							
<b>Do you remove fish bones before eating canned fish? Yes ___ No ___</b>										
<b>Fish Cakes</b>	Fried: Oil/Butter/Margarine	<b>3098</b>	65 x 15mm = 50g							
<b>Fish Fingers</b>	Fried: Oil/Butter/Margarine	<b>3081</b>	85mm = 35g							



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	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
<b>We now come to vegetables:</b>										
<b>VEGETABLES</b>	<b>Cabbage</b>	Boiled, Nothing Added	<b>3756</b>	1T=30g; 1SP=55g; ½ c=80g						
		Boiled with Potato, Onion and Fat	<b>3813</b>	1T=35g; 1SP=75g; ½ c=80g						
		Fried, Nothing added	<b>3812</b>	1T=30g; 1SP=55g; ½ c=80g						
		Boiled, then fried with potato, onion	<b>3815</b>	1T=35g; 1SP=75g; ½ c=80g						
		Other								
	<b>Spinach/Marog/Imifino/ Amaranth Leaves Other Green Leafy Vegetables: List Names</b>	Boiled, nothing added	<b>3980</b>	1T =40g; 1SP=105g; ½ c=90g						
		Boiled, fat added	<b>3898</b>	1T=40g; 1SP=105g; ½ c=90g						
		Boiled with Onion, Potato and Fat	<b>3901</b>	1T=50g; 1SP=105g; ½ c=110g						
		Boiled with Peanuts	<b>P0015</b>	1T=55g; 1SP=120g; ½ c=105g						
		Other:								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	<b>Tomato and Onion "Gravy"/ Relish/Chow/Sheshebo</b>	Home Made with Sugar	<b>3910</b>	1T = 35g; 1SP = 75g; ½ c = 140g						
		Home Made, no Sugar	<b>3925</b>							
		Canned	<b>4192</b>							
	<b>Pumpkin (Specify Type)</b>	Boiled, nothing added	<b>4164</b>	1T = 45g; 1SP = 85g; ½ c = 105g						
		Cooked in Fat and Sugar	<b>3893</b>							
		Other								
	<b>Carrots</b>	Boiled, Sugar and Fat	<b>3818</b>	1T = 25g; 1SP=50g; ½ c = 85g						
		With Potato/Onion (HM)	<b>3822</b>		1T=35g; 1SP=70g; 1/2 c=105g					
		Raw, Salad (Sugar added)	<b>3721</b>		1T = 25g					
		Chakalaka	<b>P0046</b>							
		Other								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
VEGETABLES	Mealies/Sweet Corn	On Cob	3725	1T =30g; 1SP = 60g; ½ c =95g						
		Off Cob – Creamed, Sweet Corn	3726	1T = 55g; 1SP = 125g;						
		Off Cob – Whole Kernel Canned	3942	½ c = 135g						
		Other								
	Beetroot	Cooked (No Sugar)	3698	1T=40g; 1SP = 70g;						
		(With Sugar)	3699	½ c = 80g						
		Salad (Grated)	3699	1T = 25g; 1SP = 65g						
	Potatoes	Boiled/Baked with Skin	4155	S/s = 60g; m/s = 90g						
		Without Skin	3737							
		Mashed (WM)	3876	1T=50g; 1SP = 115g; ½ c = 125g						
		Roasted	3878	1 med = 70g						
		French Fries/Potato Chips	3740	½ c = 50g; med = 80g						
		Salad	3928	1T = 45g; 1SP = 105g; ½ c = 120g						
	Sweet Potatoes	Boiled/Baked with Skin	3748	1T = 50g; 1SP = 110g;						
		Without Skin	3903	½ c = 145g						
		Mashed (With Sugar)	3749							
		Other								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Green Beans	Green, Frozen	4123	1T = 25g; 1SP=60g; 1/2 c=80g						
		Cooked, Potato & Onion (HM)	3792	1T = 40g; 1SP = 75g; ½ c =120g						
		Other								
		Green, Frozen, Boiled	4146	1T=30g; 1SP = 65g;						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Peas	Green, Frozen with Sugar, Boiled	3720	½ c = 85g						
		With Sugar and Butter	3859							
	Green Peppers	Raw	3733							
		Cooked	3775							
	Brinjal/Egg Plant	Cooked	3700	1 slice = 20g (70 mm)						
		Fried in Oil	3802	+ batter = 30g						
		Stew (oil, onions, tomato)	3798	1T=50g; 1SP=100g;1/2c=130g						
	Mushrooms	Raw	3842	1T=30g; 1SP = 65g; 1/2c = 80g						
		Sauteed in brick margarine	3839							
		Sauteed in oil	3841							
	Onions	Sauteed in Sun Oil	3730	1T = 50g						
	Salad Vegetables	Raw Tomato	3750	Med = 120g; slice = 15g						
		Lettuce	3723	1 med leaf = 30g						
		Cucumber	3718	Med slice = 10g; thick = 15g						
		Avocados	3656	¼ avo (80 x 50mm) = 40g						
	Other Vegetables: Specify									
	VEGETABLES	If you fry vegetables or add fat, specify type of fat usually used	Butter	3479	1t = 5g					
Butro			3523							
Animal Fat (Beef Tallow)			3494							
Lard			3495							
Hard Margarine (Brick)			3484							
Soft Margarine (Tub, PM)			3496							
Soft Margarine (Med)			3531							
Vegetable Purees with or without meat for babies or infants: (Specify)		First Food average Vegetable (Jar)	2851	1t = 5g						
		Junior Food Veg (Jar)	2849	1T = 15g						
		Junior Food Veg Plus Meat	2848	½ c = 47g						
		Infant Dinner, Beef and Veg	2841							
		Infant Dinner, Chicken and Veg	2840							
		Infant Dinner, Mixed Veg	2839							
		Other								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
DRESSINGS	Mayonnaise/Salad Dressing	Mayonnaise – Bought	3488	1t = 10g						
		- Home-made	3506	1T = 40g						
		Cooked Salad Dressing	3503	1t = 5g; 1T = 15g						
		Salad Dressing, low-oil	3505							
		Salad Dressing, French	3487							
		Oil – Olive Oil	3509	1t = 5g; 1T = 15g						
		- Sunflower Oil	3507							
- Canola	4280									

FRUIT	How many times a week does the child eat vegetables? _____									
	How many times will this be fresh? _____ Canned _____ Frozen _____									
	<b>I will now ask about fruit</b>									
	Apples	Fresh	3532	1T=60g; ½ c = 120g;						
		Canned, Pie, Unsweetened	4216	1 med = 150g (52 x 66)						
	Bananas		3540	1 med = 75g						
	Oranges/Naartjies		3560	Med (7cm) = 180g						
	Grapes		3550	Med bunch = 230g; ½ c = 90g						
	Peaches	Fresh	3565	1 med = 150g (60 x 65)						
		Canned in Syrup	3567							
	Apricots	Fresh	3534	1 med = 35g						
		Canned in Syrup	3535							
	Mangoes	Fresh	3556	135mm = 350g						
		Canned in Syrup	3633							
	Pawpaw		3563	Wedge 165 x 26 x 27 = 90g						
Pineapple	Raw	3581	1 slice (85 x 10mm) = 40g							
	Canned in Syrup	3648								
Guavas	Fresh	3551	Med (6cm) = 95g							
	Canned in Syrup	3553								
Pears	Fresh	3582	1 med (80 x 65mm) = 165g							
	Canned in Syrup	3583								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Wild Fruit and Berries: (Specify Type)									
	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Dried Fruit (Also as Snacks)	Raisins	4232	1 handful = 27g						
		Prunes (Raw)	4230	1T = 50g; ½ c = 110g; 1 = 12g						
		Prunes (Cooked with Sugar)	3564							
		Peaches (Raw)	3568	1 med = 150g (60 x 65)						
		Peach (Cooked with Sugar)	3569							
		Apples (Raw)	3600	1T=60g; ½ c = 120g; 1 med = 150g (52 x 66)						
		Dried Fruit Sweets	3995	(See Manual)						
	Other									
	Fruit Purees for Babies or Infants (Specify Types)	First Food Average (Jar)	2852	Jar = 200g						
		Junior Fruit (Jar)	2863	1t = 11g						
		Strained Fruit (Jar)	2854	½ c = 125g						
		Infant Dinner, Guava and Custard	2837							
		Other								
	Other Fruit									
	<p>How many times a week does the child eat fruit? _____</p> <p>How many times will this be fresh _____ Canned _____ Frozen _____</p>									
DRINKS	Tea	Ceylon	4038	Teacup = 180ml;						
		Rooibos	4054	mug = 250ml						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Sugar Per Cup of Tea	Specify Type: White	3989	1t sugar = 6g						
		Brown	4005							
	Milk per Cup of Tea	Fresh/Long Life Whole	2718	20ml – tea in cup						
		Fresh/Long Life 2%	2772	35ml – tea in mug						
		Goat	2738	40ml – coffee in cup						
		Fresh/Long Life from (skimmed)	2775	75ml – coffee in mug						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
DR IN		Whole Milk Powder Reconstituted (Specify Brand)	2831	1t = 4g						
		Skimmed Milk Powder, reconstituted (Specify Brand)	2719	1t = 4g						
		Milk Blend, reconstituted (Specify Brand)	2771	20ml – tea in cup 35ml – tea in mug 40ml – coffee in cup 75ml – coffee in mug						
		Whitener/non-dairy creamer (Specify Brand)	2751	1t = 4g						
		Condensed Milk (Whole)	2714	1t = 10g						
		Condensed Milk (Skim)	2744							
		Evaporated Milk (Whole)	2715	1t = 3g						
		Evaporated Milk (Low-Fat)	2827							
	None									
	Coffee		4037	Teacup = 180ml; mug= 250ml						
	Sugar per Cup of Coffee	Specify Type: White	3989	1t sugar = 6g						
		Brown	4005							
	Milk per Cup of Coffee	Specify Type		(See Manual)						
	Milk as such:	Fresh/Long Life/ Whole	2718	To drink ½ c = 125ml						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	What type of milk does the child drink as such?	Fresh/Long Life/2%	2772	Baby bottle = 250ml						
		Fresh/Long Life/Fat Free (skimmed)	2775							
		Goat	2738							
		Sour/Maas	2787							
		Brand: Infant Formulas (Specify)								
	Milk drinks. Specify Brands, including milk supplements and type of milk used	Nestle Drinking Chocolate	4287	1t = 5g						
		Malted Milk Beverage, no Sugar (eg Milo)	2735	1t = 5g						
		Flavoured Milk:	2774	Carton = 250ml; S/s plastic = 350 ml						
		Other								

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
DRINKS	Yoghurt	Drinking Yoghurt	2756	S/s = 175ml						
		Thick Yoghurt: Plain, Fat-Free	2778	Yogisip = 350ml						
		WM Plain	2757	½ c = 125g						
		- Fruit, Low Fat	2732							
		Other								
	Squash	Sweeto, Sixo	3982	Small glass = 150ml Medium glass = 250 ml						
		Oros/Lecol with Sugar	3982	Large glass = 500 ml						
		Artificial Sweetener	3990	S/s bottle = 350ml L/s bottle = 500ml						
		Kool Aid	3982	S/s can = 350ml						
		Other								
	Fruit Juice	Fresh/Liquifruit/Ceres/Purity	2866	1 Liquifruit s/s = 250ml						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
		"Tropica"/mixture with milk	2791	1 Liquifruit L/s = 500 ml S/s bottle = 350ml L/s bottle = 500ml S/s can = 350ml						
	Fruit Syrups	Average	2865	1t = 5g						
		Guava Syrup	2864							
	Fizzy Drinks (e.g. Coke, Fanta)	Sweetened	3981	S/s bottle = 350ml L/s bottle = 500ml S/s can = 340ml						
		Diet	3990							
	Magou/Motogo		4056	1 carton = 500 ml						
	Alcoholic Beverages such as Sorghum Beer	Specify: Sorghum Beer	4039	(See Manual)						
	Other (Please Specify)									

Please indicate what types and amounts of snacks, puddings and sweets the child eat:

SNACKS	Potato Crisps		3417	(See Manual)							
	Peanuts	Roasted Unsalted	3452								
		Roasted, Salted	3458								
	Cheese Curis (Nik Naks, etc.)	Average	3267								
		Savoury	3418								
	Popcorn	Plain	3332								
Sugar Coated		3359									
Peanuts and Raisins (mixed)	Roasted, Salted	P0047									

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Chocolates	Specify types and names: Assorted	3992							
	Candies	Sugus, gums, hard sweets (Specify)	3986							
	Sweets	Toffee, fudge, caramels (Specify)	3991							

How many times a week does the child eat snack food? \_\_\_\_\_

CAKES, BISCUITS AND	Biscuits/Cookies	Specify Type		(See Manual)						

<b>Cakes &amp; Tarts</b>	Specify Type									
<b>Pancakes/Crumpets</b>	Specify Type									
<b>Rusks</b>	Specify Types									
<b>Scones</b>	White, WM	<b>3237</b>	6cm diam=35g;							
<b>Muffins</b>	Plain	<b>3408</b>	8cm diam=60g							
	Bran	<b>3407</b>								
<b>Koeksisters</b>		<b>3231</b>	100 x 35 = 60g							
<b>Savouries</b>	Sausage Rolls	<b>2939</b>	Roll x 135mm = 165g							
	Samosas (Meat)	<b>3355</b>	S/s = 42g							
	Biscuits e.g. Bacon Kips	<b>3331</b>	4g							
	Other									

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	<b>How many times a week does the child eat cakes/cookies? _____ less than 1/week _____</b>									
<b>PUDDINGS</b>	<b>Jelly</b>		<b>3983</b>	1T=35g; 1SP=75g; ½ c = 110g						
	<b>Baked Puddings</b>	Specify Types		Med serving = 30g 30 x 65 x 65 = 50g						
	<b>Instant Puddings</b>	Specify Types		1T = 45g; SP = 95g; ½ c =145g						
	<b>Infant Deserts</b>	Specify Types		Jar=200g; 1t = 11g; ½ c = 125g						

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Ice Cream	Commercial Regular	3483	Scoop = 40g; 1SP=65g;						
		Commercial Rich	3519	½ c = 75g						
		Soft serve	3518	Plain = 135g; + flake = 155g						
		Sorbet	3491	Scoop = 40g; 1SP=65g;						
		Ice Lollies	3982	½ c = 75g						
		Chocolate Coated Individual Ice Creams (E.g. Magnum)	P0036							
	Custard	Home Made (WM)	2716	T=13g; SP = 40g						
		(SM)	2717							
	Other Puddings Specify									

How many times a week does the child eat pudding? \_\_\_\_\_ less than 1/week \_\_\_\_\_

SAUCES, GRAVIES, CONDIMENTS	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	Tomato Sauce		3139	1t = 6g; 1T = 25g						
	Worcester Sauce		P0037							
	Chutney	Fruit	3168	1t = 14g; 1T = 60g						
		Tomato	3114							
	Pickles		3866	1 = 10g						
	Packet Soups		3165	½ c = 125g						
Others										

	FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
	<b>Wild birds, animals, insects or fruits and berries (hunted or collected in rural areas or on farms):</b>									
	<b>Specify</b>									

FOOD	DESCRIPTION	CODE	QUANTITY (g/ml)	AMOUNT USUALLY EATEN (HHM)	AMOUNT USUALLY EATEN (g)	P/D	D/W	P/M	SEL/NEV
Please mention any other foods eaten by the child more than once every two weeks which we have not talked about or foods eaten in other homes or places during the past week.									

16. Are there any foods that the child does not eat? Please list them and give reasons why the child does not eat them (e.g. because of religious beliefs).

FOODS NOT EATEN	CODES	REASON

17. For the main meal, do you buy, and/or cook and/or serve the child's food separately from that of adults in the house?	YES	NO	DON'T KNOW
	1	2	3

18. EATING PATTERNS: (FREQUENCY OF EATING)	
Please indicate which of the following best describes the eating pattern the child usually follows ( <b>mark only one</b> )	
More than three meals with eating between meals	1
Three meals with eating between meals	2
Three meals with no eating between meals	3
Two meals with eating between meals	4
Two meals with no eating between meals	5
One meal with eating between meals	6
One meal with no eating between meals	7
Nibble the whole day, no specific meals	8
Others (Please specify):	9

19. Are there any foods that the child eats which we haven't talked about? Please list them.

FOODS	DESCRIPTION	AMOUNT USUALLY EATEN	TIMES EATEN				CODE
			Per day	Per week	Per month	Seldom/ Never	

20. Does your child sometimes eat elsewhere? YES  NO

21. If yes, for what reason?	(1) Take food to school	(2) Buy food at school	(3) School nutrition program	(4) Creche	(5) Eating out	(6) Eat with relatives or friends	(7) Other
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22. How often?

(1) > once a week	(2) weekly	(3) monthly	(4) < once a month
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23. Indicate where:

(1) Family	(2) Friends	(3) Café	(4) Restaurant, Fast food	(5) School
(6) Other (specify):				

QUESTION	YES	NO	DON'T KNOW	REMARKS / OTHER			
24. Do you think foods enriched with vitamins and minerals are better for children's health than ordinary foods?	1	2	3				
25. Do you buy vitamin and mineral enriched foods?	1	2	3	If yes, how often?			
				Regularly (Twice a Week) 1	Sometimes 2	Never 3	
26. Would you buy vitamin and mineral enriched foods even if it is slightly more expensive than ordinary foods?	1	2	3				
27. Do you use iodised salt in the child's food?	1	2	3				
28. Are other, flavoured salts e.g. Aromat used in the child's food?	1	2	3	If yes, please specify:			
29. Do you think dietary supplements will improve the health of your child?	1	2	3				
30. Does the child use any dietary supplements?	1	2	3	If yes, specify:			
				Type	Name	Frequency	Amount
				Vitamins			
				Minerals			
				Protein			
				Energy Other			
31. Are vitamins and minerals	Starch 1		Fats 2	Proteins 3	Other 4	Don't know 5	
32. Which people do you think need additional vitamins and minerals?	Children 1	Elderly 2	Athletes 3	Women 4	Men 5		
33. Which foods, if any, do you think should be enriched with vitamins and minerals?	Specify: 1			None 2	Don't know 3		
34. If you do not buy vitamin/mineral enriched foods is it because:	They are more expensive	They are not important	Your family does not need them	Don't know			
	1	2	3	4			

**Thank you for your co-operation. We appreciate your contribution.**

**ABBREVIATIONS:**

<p><u>Measures</u>  1t = 1 rounded teaspoon  1T = 1 rounded tablespoon (15ml)  1SP = 1 rounded servingspoon (30ml)  c = measuring cup (250ml)  s/s = small size  m/s medium  L/s = large  E = enriched  P = plain</p> <p><u>Milk:</u>  SM = skim milk  WM = whole milk  BL = blend  CON = condensed</p>	<p><u>Bread:</u>  Wh = white  Br = brown  Ww = wholewheat</p> <p><u>Meat:</u>  F = with fat  FT = fat trimmed</p> <p><u>Oil/Fat</u>  B = butter  HM = hard margarine  Med = medium fat/light  PM = polyunsaturated  SO = sunflower oil  WF = white fat  PB = peanut butter</p>	<p>BR = breakfast (Up to 09h00)  IS = in-between snack  L = lunch (midday (12h00-14h00)  D = dinner (evening) ( 17h00 - 19h00)  AD = after dinner  Comm = commercial  Home = homemade  Pot = potato  Cab = cabbage  Carr = carrot  Fill = filling  Usually = at least 4x/week</p> <p><u>Other</u>  HHM = Household Measure  P/D = Per day  D/W = Days Per Week  P/M = Per Month  SEL/NEV = Seldom / Never</p>
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