

NATIONAL FOOD CONSUMPTION SURVEY: SA CHILDREN 1-9 YEARS OLD

DD MM YY

DD

MM YY

Subject Number: Birth Date: Interview Date:

Province: _____ EA.: _____ Interviewer: _____ Interviewer Code: _____

DIETARY INTAKE QUESTIONNAIRE (24HR RECALL)

1. Name of child:													
2. Day of the week recalled	1 Mon	2 Tue	3 Wed	4 Thu	5 Fri	6 Sat	7 Sun						
3. Was yesterday typical/routine for the child?	1 YES	2 NO IF NOT, WHY?											
4. What kind of fat does the child usually eat on bread?	1 B-3479	2 HM-3484	3 MED-3531	4 PM-3496	5 WF-3516	6 Ghee-3525	7 PB-3485	8 Butro-3523	9 None	10 Other: Specify			
5. What kind of fat does the child usually eat in cooking?	1 B-3479	2 HM-3484	3 MED-3531	4 PM-3496	5 WF-3516	6 Ghee-3525	7 PB-3485	8 Butro-3523	9 SO-3507	10 Canola Oil 4280	11 Olive Oil 3509	12 None	13 Other: Specify
6. What kind of bread does the child usually eat/use?	1 White 3210		2 Brown 3211		3 Whole Wheat 3212		4 None						
7. What kind of milk does the child usually drink?	1 CON WM-2714		2 CON SM-2744		3 CON ND-P0042		4 Evap WM-2715		5 Evap SM-2827		6 Evap Lite-P0043		
	7 ND Creamer-2751		8 WM Powder-2831		9 SM-2719		10 WM-2718		11 BL-2771		12 2%-2772		
	13 Longlife SM-2775		14 Soy-2737		15 Breast-2741		16 Goat-2738		17 Formula: Specify		18 None		
8. Did the child eat at a feeding scheme or crèche yesterday?	1 YES If YES, specify (fill in page 15)							2 NO					
	1 PEM	2 PSNP	3 NGO's	4 Self-funded									

Instructions:

Now I want you to tell me everything that this child ate and drank yesterday. Lets start with when the child woke up. Did he/she have anything to eat or drink? Proceed through the day following the child's activities. When you have finished, summarise it for the caregiver. Any forgotten items can then be added.

- X Enter each item eaten in grams under the correct interval of the day eaten.
- X Make sure that the code is circled.
- X Items not on the questionnaire should be looked up in the Quantity Manual or list of food codes.
- X Specify fully when new items are entered and look up the code later.
- X Recipes should be added on page 15.

ABBREVIATIONS:

<p>Measures 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>Milk: SM = skim milk WM = whole milk BL = blend CON = condensed milk ND = non-dairy</p>	<p>Bread: Wh = white Br = brown Ww = wholewheat</p> <p>Meat: F = with fat FT = fat trimmed</p> <p>Oil/Fat 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 – 20h00) AD = after dinner Comm = commercial Home = homemade Pot = potato Cab = cabbage Carr = carrot Fill = filling Usually = at least 4x/week</p>
--	--	--

	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD
TEA & COFFEE	Tea: 4038; Rooibos 4054	teacup = 180ml; mug = 250ml						
	Coffee 4037	cup = 180ml; mug = 250ml						
	+ Sugar White-3989; Brown-4005;Syrup-3988;Honey-3984	1 t sugar = 6g 1 t honey/syrup = 15g						
	+ Condensed Milk: WM -2714; Cond Milk: SM-2744; Condensed Milk, Non-Dairy-P0042	1t = 10g						
	+ Evaporated WM-2715; Evaporated SM-2827; Lite-P0043	1t = 3g						
	+ Non-Dairy Creamer-2751	1t = 4g						
	+ WM Powder-2831	1t = 4g						
	+ Milk: SM-2719; WM-2718	MEDIUM PORTIONS: 20ml - tea in cup 35ml - tea in mug 40ml - coffee in cup 75ml - coffee in mug						
	BL-2771; 2%-2772							
	Soy-2737; Breast-2741; Goat-2738							
	Formula (Specify): _____ No of Scoops/Bottle: _____							
Other (Specify) _____								
MILK & MILK DRINKS	Buttermilk - 2713	s/s = 175ml l/s = 500ml 2c = 125g						
	Maas/Amazi/Sourmilk - 2787							
	Custard: SM-2717; WM-2716	s/s = 350 ml						
	Milk: SM-2719; WM-2718	to drink 2c = 125ml baby bottle = 250ml						
	BL-2771; 2%-2772							
	Soy-2737; Breast-2741; Goat-2738							
	* Formula (Specify): _____ No of Scoops/Bottle: _____							
	+ Sugar White-3989;Brown-4005; Syrup-3988;Honey-3984	1 t sugar = 6g 1 t honey/syrup = 15g						
	+ Ice Cream-3519; Sorbet-3491	1 scoop = 40g						
	+ Sustagen-4079; Complian-4082	2 scoops = 25g; 1T = 15g						
	+ Milo/Cocoa/Horlicks/Ovaltine-2736; Drinking Chocolate-4287	1t = 5g						
	Yoghurt: Plain SM-2734; WM-2757	s/s = 175ml Yogisip = 350ml 2c = 125g						
	Flav-2756; Fruit-2732							
Flavoured milk - 2774	carton = 250ml s/s plastic = 350ml							
Other (Specify) _____								
COLD DRINKS/JUICE	Apple Juice – No Sugar – 3606	Liquifruit s/s = 250ml L/s = 500ml Ceres s/s = 200ml cartons/bottles s/s = 350ml L/s = 500ml						
	Apricot: + Sugar-3539; No Sugar-3610							
	Mango-3683; Granadilla-3680; Grape-3690							
	Orange: +Sugar-3562; No sugar-3638							
	Guava: +Sugar-3554; No Sugar-3629							
	Peach-3642; Pear-3645; Naartjie-3682							
	Cold drinks: Squash-3982	s/s bottle = 350ml L/s bottle = 500ml s/s can = 340ml						
	Mageu-4056							
	Carbonated-3981							
	Diet Cold. & Low-Cal - 3990							

* Infasoy-2808; Isomil-2796; Lactogen 1-2821; Lactogen 2-2822; Nan-2819; Pelargon-2820; Portagen-2799; Pregestimil-2800; Prosobee-2795; S26-2806; S26 Infagro-2810; SMA-2814; Similac-2797; Similac PM-2817

	Dairy Fruit Mix - 2791							
	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD
	+ Sugar White-3989;Brown-4005;Syrup-3988; Honey-3984	1t = 6g						
	Syrup (undiluted)-2865; Guava Syrup-2864	1t = 5g						
	Other (Specify) _____							
BREAKFAST CEREALS	Maltabella: Soft-3241; Mabella: Soft-3437	2c = 125g						
	M/Meal: Soft: Plain-3399; Enrich-4277	1c soft = 250g						
	Stiff: Plain-3400; Enrich-4278	1c stiff = 250g						
	Crumbly: Plain-3401; Enrich-4279	1c crumbly = 140g						
	Sour Porridge: Maize with Vinegar-P0001, Maize Fermented- P0002 Mabella with Vinegar-P0003; Mabella Fermented-P0004	½c = 125g 1c = 250g						
	Oats-3239; Tastee Wheat-3240	2c = 125g						
	Corn Flakes-3243; Sugar Frosted-3374	1c = 40g						
	Honey Crunch and Muesli - 3303	2c = 65g						
	Pronutro: Great Start-3438; High Energy-3245; Wholewheat-3436	2c = 50g						
	Puffed Wheat-3325; Sweetened-3376 (Honey Smacks)	2c = 12g						
	Raisin Bran-3373; Fruit Loops-3425	Raisin Bran 2c = 45g Fruit Loops 2c = 18g						
	Special K-3322; All Bran-3242	2c = 25g						
	Rice Crispies-3252; Cocopops-3372	2c = 20g						
	Weetbix – 3244	1 = 25g						
	+ Fat: B -3479; HM-3484; Med-3531; PM-3496; WF-3516 Ghee-3525; PB-3485; Butro-3523; SO-3507	1 t PB = 12g; 1 t marg/oil = 5g						
	+ Sugar White-3989;Brown-4005; Syrup-3988;Honey-3984	1 t sugar = 6g 1 t honey/syrup = 15g						
	+ Cond Milk:SM-2744; Cond WM-2714;Cond ND- P0042	1t = 10g						
	+ Evap WM-2715; Evap SM-2827; Evap Light-P0043	1t = 3g						
	+ Non-Dairy Creamer-2751	1t = 4g						
	+ WM Powder-2831	1t = 4g						
	+ Milk: SM-2719; WM-2718	125g – instant cereal						
	BL-2771; 2%-2772	60g – porridge						
	Soy-2737; Breast-2741; Goat-2738	180g – Pro Nutro						
Formula (Specify):_____								
No of Scoops/Bottle: _								
Other (Specify) _____								
BREAD & ROLLS	Bread: Comm & Home: Wh-3210	Wh + Br 10mm = 30g Ww 10mm = 35g Wh + Br 20mm = 60g Ww 20mm = 70g						
	Br-3211							
	Ww-3212							
	Cream Crackers-3230; Provita-3235; Tuc 3331; Crackers Ww-3391	Cr Cracker = 8g; Tuc = 4g; Provita = 6g						
	Maize Meal Bread - 3278	m/s = 30g; L/s = 50g						
	Muffins: Plain-3408; Bran-3407	6cm diam = 35g 8cm diam = 60g						
Rolls: Wh-3210; Br-3211; Ww-3212	Wh round (10cm) = 30g							

	Roti: SO-3358; HM-3357								
	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD	
	Rusks: Comm Wh-3364; Bran-3330	Outspan = 15g; All Bran = 30g							
	Comm Buttermilk: Wh-3329;	Wh = 35g; Ww = 30g							
	Home Buttermilk: Wh-3215; Ww-3255; Bran & Raisins-3380	Wh = 30g; Ww = 30g							
	Scones: (Wh) SM-3411; WM-3237 (Ww) SM-3412; WM-3320	6cm diam = 35g 8cm diam = 60g							
	Vetkoek: Wh-3257; Ww -3324; Dumpling-3210 (no yeast)	8cm diam = 60g							
	Other (Specify) _____								
SPREADS ON BREAD	Beef Fat-3494; Mutton Fat-3497; Lard-3495	<u>Thin</u> <u>Med</u> <u>Thick</u>							
	Butter-3479; Butro-3523	5 10 15							
	Ghee-3525; WF-3516;								
	Fishpaste-3109; Liver Spread-2922; Meat Paste-2917	5 7 10							
	Jam-3985; Honey-3984; Syrup-3988	10 20 35							
	Marg: H-3484	5 7 10							
	Med-3531								
	PM-3496								
	Marmite-4030; Meat Spread (Bovril)-4029	2 4 7							
	Peanut Butter-3485; Sandwich Spread-3522; ChSpread-P0005	5 10 20							
Other (Specify) _____									
EGGS	Eggs: Boiled/Poached - 2867	1 egg = 50g							
	Curried - 2902	1 egg + sauce (IT) = 75g							
	Fried: B-2868; HM-2877; PM-2878	1 egg = 52g							
	SO-2869; Bacon Fat-2870								
	Scrambled/Omelette: SM + B-2886; SM + HM-2887	IT = 35g; 1SP = 80g 2c = 115g (± 2 eggs) omelette = 60g egg (med) 120g (L/s)							
	SM+PM-2888; SM+SO-2889; WM+B-2874								
	WM+HM-2890; WM+PM-2891; WM+SO-2873								
Other (Specify) _____									
CHEESE	Cheddar-2722;	grated: med = 10g Thick = 15g							
	Gouda/Sweetmilk-2723	1 cheezi = 20g; cubes = 30g 1 slice = 8g							
	Cheese Spread-2730	med = 12g; thick = 25g							
	Cottage Cheese; Creamed-2759; Cream Cheese-2725	thin = 10g med = 20							
	Cottage Cheese: Fat Free-2729; Low Fat-2760	med = 20g; thick = 30g							
	Macaroni Cheese: SM-3343; WM-3301	1T = 45g; 1 SP = 90g; 2c = 115g							
	Pizza (Cheese + Tomato)-3353	S/s = 90g; L/s = 340g							
	Savoury Tart+Asparagus-3367;+Vienna-3326;+Tuna-366	wedge: small = 65g; med = 75g; large = 110g							
	Other (Specify) _____								
MEAT	Bacon: Fried: Lean-2915 F-2906	1 rasher = 10g							
	Beef: Corned/Silverside/Cold cuts: F-2924; Bully Beef-2940	138 x 85 x 3 = 20g 2c = 100g							
	Lean-2962; Curry Beef-P0006								

	Fillet: F-2933; FT-2929	100 x 70 x 10 = 90g							
	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD	
MEAT	Mince: Pan Fried F-2910; Lean-2961; Curry-3015	T = 40; SP = 85g 2c = 100g							
	- Savoury (Tomato + Onion)-2987								
	- Cottage Pie: WM + HM-3009								
	Roast: F-2944; FT-2960	120 x 60 x 5 = 35g 120 x 60 x 10 = 70g							
	Rump: Fried: F-2908; FT-2959	S/s 130 x 70 x 15 = 125g L/s 165 x 70 x 30 = 270g							
	Sirlion/T-Bone: Grilled: F-2946; FT-2907								
	Stew: Vegetables (Fat Meat)-3006	1 SP = 105g; 2c = 125g							
	: Pot + Carrots + Peas + Onions (Lean Meat)-2909								
	Biltong: Beef-2911; Game-2912	grated 1SP = 10g beefeater = 18g sliced 1SP = 35g							
	Bobotie: Lean, SM, SO-3013; F, WM, SO-2986	1SP = 85g; 2c = 115g							
	Chicken: Boiled + Skin-2926; No Skin-2963; Curry-P0007	breast + skin = 125g thigh = 80g drumstick = 42g foot = 30g wing = 30g pie(comm)=150g home = 90g liver = 30g; stomach = 20g							
	Feet-2997; Giblets-2998; Heads-2999								
	Pie (Comm)-2954								
	Roast + Skin-2925; No Skin-2950; Fried-2925								
	Stew: Vegetables-3005	1SP = 90g; 2c = 125g							
	Tomato + Onion – 2985								
	Batter Dipped-Fried eg. Kentucky-3018	1SP = 105g; 2c = 125g							
	Burger Pattie –2950	1 pattie = 80g							
	+ Bun (4 cm diam)-3210	1 bun = 60g							
	Cornish Pie: (Comm) - 2953	med = 150g							
	Frankfurter-2937	155 x 20 = 45g 168 x 21 = 60g							
	+ Roll (16 cm long)-3210	1 roll = 40g							
	Goat meat: Stewed (plain)-4281; (+ Veg)-4282	120 x 60 x 5 = 35g 120 x 60 x 10 = 70g							
	Fried F-P0008; Fried FT-P0009								
	Grilled F-P0010; Grilled FT-P0011								
	Ham-2967; Ham & Tongue loaf-2990	med slice = 25g							
	Heart: Beef-2968; Sheep-2969	sheep heart = 60g sheep kidney = 30g beef kidney = 85g							
	Kidney: Beef-2923; Sheep-2956								
	Lung: Beef-3019								
	Lasagne: SM-3440; WM-3261	T = 40g; SP = 75g; 2c = 120g							
	Liver: Fried : Beef-2920; Sheep-2955; Patty (Fried) -2971	sheep = 55g chicken = 30g beef = 80g							
	Cooked: Chicken-2970								
	Meat Ball: F + Egg-2965; F-No Egg-2966	50mm = 60; 75mm = 120g							
Lean + Egg-3033; Lean, No Egg-3034									
Meat Loaf: F-3035; Lean-3002	80 x 85 x 15mm slice = 80g								
Meat Patty: (Hamburger)-2984	s/s = 50g; m/s = 100g								
+ Bun (4 cm diam)-3210		1 bun = 60g							
Mutton: Chop (grilled) F-2927; FT-2934	loin chop = 60g rib chop = 40g								

	Roast: F-2947; FT-2973	s/s slice = 30g med = 70g							
	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD	
MEAT	Stew: Plain-2974; Irish-2916 (Vegetables) Curry-3039; Greenbean-3040	1SP = 105g; 2c = 125g							
	Offal: Cooked-Tripe(Pens&Pootjies)-2951;Vetderm- P0023 (Specify): _____	1SP = 105g; 2c = 125g							
	Oxtail: Stewed-2976								
	Polony-2919	slice 5mm thick = 8g comm slice = 16g							
	Pork: Chop (Grilled) F-2930; FT-2977	chop: 115 x 80 x 20 = 100g schnittel: 115 x 80 x 20 =110g roast: 110 x 65 x 5 = 30g 1SP = 105g; 2c = 125g 3 ribs = 130g							
	Crumbed-2992; Spareribs-3010								
	Rib, Braised: F-3046; FT-3045								
	Roast: F-2958; FT-2978								
	Salami and Russians-2948	slice 5mm thick = 12g 1 Russian = 50g							
	+ Roll-3210	1 roll = 40g							
	Samoosa: with Veg-3414; Meat-3355	s/s = 42g							
	Sausage: Beef: Dry-2949; Cooked-2931 (Boerewors)	thin x 200mm = 45g thick x 165mm = 90g							
	+ Roll-3210	1 roll = 40g							
	Pork: Cooked-2932	med = 55g							
	+ Roll-3210	1 roll = 40g							
	Roll/Meat Pie (Comm)-2939	25mm pie = 120g roll x 135mm = 165g							
	Spaghetti Bolognaise: Lean-3388; F-3260	T=40g; SP = 75g; 2c = 100g							
	Steak & Kidney: Pie-2957; Stew-2979	comm pie = 120g (30mm) 1SP = 100g; 2c = 135g							
	Tongue: Ox-2935; Sheep:2980	slice 75 x 45 x 10 = 40g							
	Toppers/Imana: Cooked-3196	SP = 85g; 2c = 120g							
	Veal: Cutlet (Fried): Plain-3049; Crumbed-2983	1 chop = 90g							
	Vienna Sausage/Canned Sausage-2936	100mm = 30g; 150mm = 40g							
	+ Roll-3210	1 roll = 40g							
	Worms/Insects:Mopani,Dried-4250;Mopani,Canned- 4284;								
	Wild Birds, Animals; Specify:								
	Other (Specify) _____								
FISH	Bokkems (Dry Fish)-3097	1 s/s = 25g (120mm) L/s = 40g (135mm)							
	Fatty Fish: Kipper; Galjoen; Snoek; Shad: Fried (SO)-3084; Batter-3094; Grill-3082	small 50 x 55 x 30 = 60g med 100 x 55 x 30 = 120g stew 1 SP = 95; 2c = 140g							
	Salted-3097; Steam-3103; Smoked-3112								
	Curried Stew-3076 (Tomato and Onion) / Pickled /								
	Fish Cakes: (Fried): Home-3098; Comm-3080	65 x 15mm = 50g							
	Fish Fingers: (Fried)-3081	85mm = 35g							
	Haddock: Smoked (Boiled)-3061	70 x 70 x 15 = 65g							

	Mackerel Canned-3113					1 = 80g (15 mm)									
	Pilchards: Tomato Sauce-3102; Brine-3055					1 = 75g									
	FOOD ITEMS					QUANTITY (g/ml)	BR	IS	L	IS	D	AD			
	Sardines: + Sauce-3087; + Oil-3104					s/s = 7g; L/s = 25g									
	Smooersnoek-3074					1SP = 55g; 2c = 80g									
	Sole: Fried-3090; Grilled-3073					baby sole: 180mm = 70g									
	Tuna: Oil Pack-3093; Tuna: Water-3054; Salmon-3058					3c = 50g									
	White Fish: Hake, Haddock, Kingklip; Cod					s/s piece 50 x 55 x 30 = 60g med 100 x 55 x 30 = 120g stew 1 SP = 95g; 2c = 140g									
	: Stew-3076 (Tom + On); Baked+Fat-3092; No Fat-3089														
	: Grilled-3079; Batter-3072; Fried-3060														
	Other: eg Fresh Water Fish; Specify: _____ P0012														
	Other (Specify) _____														
STARCH	M/Meal: Soft: Plain-3399; Enrich-4277					T	SP	½c							
	Stiff: Plain-3400; Enrich-4278					stiff 75	120	125							
	Crumbly: Plain-3401; Enrich-4279					crum 30	75	70							
	Mabella Cornrice/Sorghum cooked (soft or stiff)-3437					soft 75	120	125							
	Sour Porridge: Maize & Vinegar-P0001, Fermented-P0002														
	Mabella with Vinegar-P0003; Fermented-P0004														
	Maize Rice (Mealie Rice)-3250					25	45	65							
	Samp: (Cooked) -3250; Fresh Mealies-3725					55	125	125							
	Rice: Wh-3247; Br-3315					25	60	65							
	Spaghetti/Macaroni: (Cooked)-3262					35	70	90							
	Spaghetti + Tomato Sauce -3258					45	80	125							
	Stamped Wheat/Wheat Rice-3249					30	80	80							
	+ Fat: B -3479; HM-3484; Med-3531; PM-3496; WF-3516					1 t PB = 12g;									
	Ghee-3525; PB-3485; Butro-3523; SO-3507					1 t marg/oil = 5g									
Other (Specify) _____															
LEGUMES	Baked Beans-3176					T	SP	½ c							
	Beans: (Cooked) Haricot-3185; Sugar-3205; Kidney-3183					50	105	135							
	Breyani: Rice + Lentils + Ghee-3194; +SO-3193					40	80	85							
	Lentils: Cooked/curried-3179					40	80	90							
	Samp and Beans (1:1)-3402; Comm-P0045 (No fat added)					50	125	125							
	Samp & Peanuts (80:20) P0013														
	Soup: Comm (Packets)-3165							125							
	Split Pea-3157; Lentil-3153; Beef + Veg-3159; Bean-3145					35	80	130							
	Sousboontjies (Dried Bean Salad)-3174					40	105	135							
	Stew: Bean + Potato + Onion-3178					60	120	125							
	Other (Specify) _____														
COOKED VEGETA		Boil	Fat Added (or Fried)												
		NF	B	HM	PM	SO	T	SP	½C						
	Gr Beans	3696		3788	3789		25	60	80						

	Gr Bean Curry	3791				40	75	120								
	GrBean+Pot+Onion			3792		3794										
	FOOD ITEMS					QUANTITY (g/ml)			BR	IS	L	IS	D	AD		
COOKED VEGETABLES	Beetroot + Sugar	3699														
	- No Sugar	3698				40	70	80								
	Brinjal	3700		3800		3802	1 slice = 20g (70mm) + batter = 30g									
	- Fried + Egg					3803										
	- + Tomato + Onion			3796		3798	50	100	130							
	Broccoli	3701		3805			25	60	75							
	Brussels Sprouts	3703		3808			50									
		Boil	Fat Added (or Fried)													
		NF	B	HM	PM	SO	T	SP	½C							
	Cabbage	3756		3810		3812	30	55	80							
	Cab + Pot + Onion			3813		3815	35	75	80							
	Carrots	3757		3816	3817		20	50	80							
	Car + Pot + Onion			3822		3824	35	70	105							
	Carrot + Sugar	3818		3819	3820		25	50	85							
	Cauliflower	3716		3825	3826		40	65	80							
	Caul + Cheese Sauce	3715					43	70	90							
	Marogo/imifino* Amaranth leaves	3980					40	105	90							
	Marog + Peanuts Ratio: 80:20	P0014					55	120	105							
	Mealies (corn)	3725					30	60	95							
	Sweetcorn	3726					55	125	135							
	Canned Whole Kernel	3942					55	125	135							
	Mix Veg (Froz)	3727		3835	3836	4269	35	75	75							
	Mushroom (Sliced)	3729		3839		3841	30	65	80							
	Mushroom, Raw					3842	30	65	80							
	Onions (Sliced)	3773		3844		3730	50									
	Onion + Batter					3846	rings: med = 40g									
	Peas	3719		3856			30	65	85							
	Peas, Frozen	4146					30	65	85							
	Peas + Sugar	3720		3859			30	65	85							
	Potato: + Skin	4155					s/s = 60; m/s = 90g									
	: Baked + Skin	3736					s/s = 60g; m/s = 90g									
	: Chips					3740	2c = 50g; med = 80g									
: Peeled	3737		3867	3868		s/s = 60g; m/s = 90g; (90 x 60 x 40)										
: Sauté			3871		3873	3	50	90								
Potato Cake					3915	1 med = 40g (75 x 30)										
Potato Mash (SM)				3875												
Potato Mash (WM)			3876			50	115	125								
Potato (Roast):Beef Fat-3878; Chicken-3923; Lamb-3736; Pork-3956						1 med = 90g										

* If indigenous, specify local name: _____

	FOOD ITEMS					QUANTITY (g/ml)			BR	IS	L	IS	D	AD			
		Boil	Fat Added (or Fried)														
	NF	B	HM	PM	SO	T	SP	½c									
COOKED VEGETABLES	Pumpkin (Yellow)	4164				45	85	105									
	Butternut	3759															
	Pump + Sugar	3728		3893													
	Pump Fritter					3784	75 x 50 x 9 = 25g										
	Spinach	3913		3898	3899		40	105	90								
	Spinach + Peanuts Ratio: 80:20	P0015					55	120	105								
	Spin + Pot + Onion			3901		3786	50	105	110								
	Squash –Gem	3760					2 gem = 45g 1 SP marrow = 85g										
	Gem Squash + Sugar	3754															
	Squash –Marrow	4179															
	Marrow + Sugar			3885													
	Sw Potato:without skin	3903					50	110	145								
	Sw Potato with Skin	3748															
	Sw Pot + Sugar			3749													
	Tomato + Onion	3925					35	75	140								
	Tom + Onion +Sugar	3910															
	Tomato			3908		3767	1 slice 5mm = 15g (thin); med = 25g										
	Turnips	3911					25	45	90								
Other (Specify)																	
SALAD	Asparagus-3695					med asparagus = 15g											
	Avocado-3656					3 avo (80 x 50mm) = 40g											
	Beetroot (Grated) + Sugar-3699					1T = 25g; SP = 65g											
	Carrot: (Grated)+ Sugar-3721					1T = 25g;											
	+ Pine + Orange - 3710; + Orange Juice = 3711					1T = 35g; 1SP = 60g											
	Coleslaw + Mayonnaise-3705					T = 20g; SP = 40g; 2c = 50g											
	Cucumber Raw/Pickled-3718					med slice = 10g; thick = 15g											
	Lettuce-3723					1 med leaf = 30g											
	Mixed (Tom + Cucum + Lett) - No Dressing-3921					1T = 40g; 1SP = 85g											
	Mixed Green - No Dressing-3927																
	Potato Salad + Mayonnaise (Comm), Egg-3928					T = 45g; 1SP = 105g; 2c = 120g											

Tomato (Raw)-3750	med = 120g; slice = 15g							
Other (Specify) _____								

	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD
DRESSINGS	French Dressing-3487	1t = 5g; 1T = 15g						
	Mayonnaise: Home-3506; Comm-3488; Low Fat- 3489	1t = 10g 1T = 40g						
	Oil: Olive-3509; Sunflower-3507; Canola-4280	1t = 5g; 1T = 15g						
	Salad Dressing: Cooked-3503; Low-Oil-3505							

		Canned + Sugar	Raw	Dry	Stewed						
FRUIT	Apple	3599	3532	3600	3603	1T = 60g; 2c = 120g; 1 med = 150g (52 x 66)					
	Apricot	3535	3534	3536	3537	1 med = 35g					
	Banana		3540			1 med = 75g					
	Dates		3543			1 med = 10g					
	Figs		3544	3557		1 med = 40g (45 x 44) 1 dry = 20g					
	Fruit Salad	3580	3605	3593	3590	2c = 110g (med)					
	Granadilla		3545			1 med = 22g					
	Grape Fruit	3547	3546			2 med = 125g					
	Grapes	3623	3550			med bunch = 230g; 2c = 90g					
	Guava	3553	3551			med (6cm) = 95g					
	Litchi	3631	3632			med (3cm) = 8g					
	Mango	3633	3556			135mm = 350g					
	Naartjie	3635	3558			med = (5cm) = 75g					
	Orange		3560			med (7cm) = 180g					
	Pawpaw		3563			wedge 165 x 26 x 27 = 90g					
	Peach	3567	3565	3568	3569	1 med = 150g (60 x 65)					
	Pear	3583	3582	3585	3586	1 med (80 x 65mm) = 165g					
	Pineapple	3648	3581			1 slice (85 x 10mm) = 40g					
	Plum		3570			1 med = 50g (45 x 40)					
	Prunes	3676	4230	3596	3564	1T = 50g; 2c = 110g; 1 = 12g					
	Raisins		3552			handfull = 27g					
	Strawberries	3653	3573			1 med = 12g; 2c = 80g					
Sweetmelon, Green		3575			1 wedge (145 x 31 x 20mm) = 60g; 3 = 110g						
Sweetmelon, Yellow		3541									
Watermelon		3576			slice (330 x 70mm) = 220g						

Wild Fruit, Berries: Specify: _____											
Other Fruit:											

	FOOD ITEMS			QUANTITY (g/ml)	BR	IS	L	IS	D	AD
		SM	WM							
PUDDINGS	Apple + Batter	3345	3327	med serving = 70g						
	Apple Crumble		3334	med serving = 70g						
	Baked Pudd + Syrup	3348	3312	med serving = 30g 30 x 65 x 65 = 50g						
	- No Syrup	3347	3221							
	Blancmange	3282	3281	SP = 75; 2c = 95g						
	Egg Type eg. Bread, Sago	3346	3263	1T = 50g; 2c = 140g; SP = 100g						
	Ice Cream: Commercial Regular-3483			scoop = 40g; 1SP = 65g; 2c = 75g						
	Commercial Rich-3519									
	Ice Lollies-3982									
	Soft Serve-3518			plain = 135g; + flake = 155g						
	Sorbet-3491			1SP = 65g; 2c = 75g						
	Instant Pudding	3314	3266	T = 45g; SP = 95g; 2c = 145g						
	Jelly-3983			1T = 35g; 1SP = 75g; 2c = 110g						
	Jelly + Fruit-4006			1T = 40g; 1SP = 90g; 2c = 125g						
	Jelly Whip	2749	2750	1T = 55g; SP = 95g; 2c = 120g						
	Pancake/Crumpets	3344	3238	1 crumpet = 25g pancake = 70g						
	Trifle-3311; Vermicelli Pudding-3385			2c = 130g (med)						
Other Puddings (Specify) _____										
SAUCES	Cream: Plant-3492; Canned-3499			1T = 13g (not whipped)						
	- Fresh (12%) -3481; Heavy (dessert, 20%)-3480			1T = 30g (whipped)						
	Chocolate Sauce-3129			T = 15g						
	Custard: SM-2717; WM-2716			T = 13g; SP = 40g						
	Sugar-3989			1t = 6g						
	Other (Specify) _____									
C A	Banana Loaf: WM + HM-3333; SM + PM-3370			slice = 45g; 90 x 80 x 10mm						

	Cake –Carrot-3392	80 x 40 x 40 = 50g							
	- Plain: SM + HM-3286; PM-3287	single slice = 50g (75 x 75 x 20mm) double slice = 100g (plain) icing = 10g per slice							
	WM + B-3218; HM-3288; SO-3290								
	Cake Icing: HM-4014; PM-4015								
	- Chocolate (No Icing) WM-3289; SM-3339								
	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD	
CAKE	- Fruit: Comm-3291; Home-3427	home: 70 x 85 x 15mm = 70g comm: 90 x 70 x 15mm = 35g							
	- Sponge (Plain)-3219	100 x 50 x 50 = 40g							
	- Swiss Roll-3292	slice = 60g; 15cm thick							
	Cheese Cake: Baked-3293; Unbaked-3294	slice 95 x 50 x 30mm = 70g							
	Other (Specify) _____								
COOKIES & SPECIAL BREADS	Comm + Fill-3217; Plain-3216; Shortbread-3296	plain = 10g + fill = 15g							
	Home: Plain HM-3233; PM-3341	plain = 15g + fill = 20g hertzog = 50g; cupcake = 35g shortbread = 12g							
	Jam-3295; Oats-3265								
	Custard Slice-3338	110 x 45 x 35mm = 250g							
	Date Loaf; HM-3256; PM-3340	slice 90 x 75 x 10mm = 40g							
	Doughnuts: Jam-3423; Plain-3232	med round = 45g med long = 90g							
	Eclairs + Cream + Chocolate-3268	1 = 120g (160mm)							
	Gingerbread: HM-3253; PM-3371	90 x 75 x 15 = 70g							
	Koeksister-3231	100 x 35 = 60g							
	Pumpnickel Bread-3283	slice 85 x 100 x 10mm = 30g							
	Raisin Bread-3214	slice 85 x 100 x 10mm = 30g							
	Rye Bread-3213	slice 85 x 100 x 10mm = 30g							
	Sweetcorn Bread-3379	slice 85 x 100 x 10mm = 30g							
Other (Specify) _____									
TARTS	Apple: HM-3224; PM-3352	50 x 50 x 50mm = 70g (med)							
	Coconut-3228	wedge 50 x 100 x 30mm = 55g							
	Condensed: HM-3294; PM-3439	95 x 70 x 30mm = 90g							
	Fridge (Fruit): HM-3394; PM-3434								
	Lemon Meringue: HM-3226; PM-3349	100 x 70 x 35mm = 75g							
	Milk (Short) WM + HM-3360; SM + PM-3351	120 x 70 x 25mm = 75g							
	Milk (Flaky) WM + B-3443; WM + HM-3229								
	Savoury: Aspar-3367; Tuna-3366; Vienna-3326	120 x 50 x 25 = 75g							
	Tipsy: HM-3323; Jam-3225	87 x 70 x 50mm = 90g							

Other (Specify) _____								
-----------------------	--	--	--	--	--	--	--	--

	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD
SWEETS	Bubble/Chewing gum-3993	See Manual						
	Chocolates: Assorted-3992							
	Coated Bars eg. Tex, Lunch, Chomp-3997							
	Milk (White Chocolate)-3987							
	Nuts/Raisins-3994							
	Plain eg Smarties, Flake, Aero-4003							
	Dry Fruit Sweets-3995							
	Fruit Gums-4000							
	Hard/Jelly Sweets eg. Sugus, Jelly Tots, Fruit Drops-3986							
	Ice Lollies-3982							
	Marshmallows-4001							
	Meringues-4008							
	Peanuts: Raw-4285; Peanut Brittle-4002;							
	Roasted, Salted-3458; Roasted Unsalted-3452							
	Peppermints-4004							
	Popcorn: Plain-3332; Sugar Coated-3359							
	Potato Crisps eg. Simba, O=Gradys-3417							
	Raisins, Seedless-4232							
Snacks – Fritos, Niknaks, Cheese Curls-3267								
Soft Sweets - Fudge, Toffees, Caramel-3991								
Other (Specify) _____								
OTHER	Cheese Sauce: WM + HM-3125; SM + PM-3128	SP = 65g; 1T = 25g						
	Curry Sauce-3130	1T = 25g						
	Chutney-3168; Atjar-3117; Tomato Chutney-3114	1T = 14g; 1T = 60g						
	Gravy: Comm-3119; Meat-3122; NF-3121	1T = 15g; SP = 35g						
	Mustard-4034	1t = 6g						
	Pickles-3866	1 = 10g						
	Tomato Sauce (Comm)-3139	1t = 6g; 1T = 25g						
	White Sauce: WM + HM-3142; SM + PM = 3141							

	FOOD ITEMS	QUANTITY (g/ml)	BR	IS	L	IS	D	AD
INFANT FOODS	Baby Cereals (dry): Nestum 1-2832; Nestum 2-2834	1t = 2g 1T = 8g 2c = 20g						
	Purity:Mixed-2842;Wholewheat-2861; Rice-2862							
	Cerelac-2836; Nestum Rice & Maize-2835							
	Junior-2833							
	Milk: SM-2719; WM-2718	to drink 2c = 125ml baby bottle = 250ml						
	BL-2771; 2%-2772							
	Soy-2737; Breast-2741; Goat-2738							
	Formula (Specify): _____ No of Scoops/Bottle: _____							
	+ Sugar, White-3989;Brown-4005;Syrup-3988;Honey-3984	1t = 6g						
	First Food Fruit-2852; First Food Veg-2851	jar = 80g; 1t = 11g						
	Fruit Juice (Strained)-2860; Fruit Juice-2866	2c = 125ml						
	Infant Dinners (Dry): Beef + Veg-2841; Chicken+Veg-2840	1t = 5g 1T = 15g 2c = 47g						
	Guava + Custard-2837; Mix Veg-2839							
	Orange + Banana-2838							
	Junior Food (Jar): Veg + Meat-2848; Mix Veg-2849; Pasta + Beef-2850	jar = 200g 1t = 11g 2c = 125g						
	Junior Fruit (Jar): Fruit-2863; Guava-2855							
	Junior Pudding: Fruit+Yog-2858; Vanilla Cust-2859							
	Strained Food (Jar): Macaroni Beef-2845; Veg+Meat-2846	jar = 125g 1t = 11g 2c = 125g						
	Fruit + Yog-2857; Fruit-2854;							
	Av. Pudding-2844; Meat Soup-2847;							
Veg Soup-2843; Vegetables-2853;								
Junior Fruit Guava-2856								
OTHER								

9. Did this child go to bed hungry last night?	1 Yes	2 No	3 Don't Know
10. Did this child eat from the same pot as the rest of the family at the main meal yesterday?	1 Yes	2 No	3 Don't Know
11. Did this child eat from the same plate as the siblings, at the main meal yesterday?	1 Yes	2 No	3 Don't Know

A. SCHOOL/CRECHÉ FEEDING SCHEME

3. Name of School/Creché: _____

4. Address: _____

5. Telephone: _____

6. Person to Contact: _____

7. Composition of the Meals/Supplements

ITEMS	CODE	AMOUNT (g)
i)		
ii)		
iii)		

Description:

B. ADD ADDITIONAL ITEMS EATEN TO THE 24-HR RECALL QUESTIONNAIRE RECIPES

NAME OF DISH	INGREDIENTS	CODES	AMOUNT (g) OR (mg)

If this space is not sufficient, write overleaf.