

Personal data

Name of interviewer: _____ Name of kebele: _____
Day the food eaten: _____ House number: _____ Place _____
Subject name: _____ Interview date: _____ Subject ID: _____
Sex: _____ Interviewer's signature: _____

Semi quantitative food frequency questionnaire








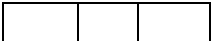




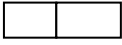

Instruction –Dear respondent please take few moment to memorize the food and drinks you ate within the last month. These relate to your daily use of food items and also food consumed out of home, e.g. in a restaurant, bar, at work etc. I will say the food items if you consumed the food type you will tell me how often and how much you ate over the last month. When I ask you about your usual portion size you will tell me the average quantity or portion of the food item on the day of consumption, expressed as common household measures such as a ladle, small cup or spoon. We will use pictures to improve your response on the food items consumed.

If you eat for instance ‘nech teff enjera ’ during four days per week (Monday, Tuesday, Wednesday, and Thursday) you will choose the option that says 4-6 times per week. If you usually consume two (2) full medium sized (eight kurtih) nech teff enjera on these days your answer will be 2 full medium sized enjera or eight kurtih (if you use kurtis for serving). You will tell me the total enjeras you consumed be it alone or in combination with others. (examples, bado enjera + enjera be wot + enjera be avocado)

Remember : these two full enjeras are the totals of all meals (breakfast, lunch, snacks, dinner)

Cereals products, bread and potatoes

Cereals Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Enjera (Nech teff enjera <input type="checkbox"/> key teff enjera <input type="checkbox"/> teff enjera mixed with rice <input type="checkbox"/> tef enjera mixed with maize <input type="checkbox"/> maize enjera <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	number of full enjera consumed (mulu enjera) 1 full enjera = 293g <input type="text"/> <input type="text"/> Number of half enjera consumed 1 half enjera= 153g <input type="text"/> <input type="text"/> number of enjera consumed in kurtih (chopped) <input type="text"/> <input type="text"/> 1 kurtih = 97 g <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Enjera firfir	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of portions Small portion (91g) <input type="text"/> <input type="text"/> Medium portion (113g) <input type="text"/> <input type="text"/> Large portion (166g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Pasta	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Large: Portion of 545 g (full plate) <input type="text"/> <input type="text"/> Medium : Portion of 267g (half plate) <input type="text"/> <input type="text"/> Small: Portion of 186g (1/4 of the plate) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

Food item	Average consumption over the last month	Average consumption : show photos	Usual portion size (gram)
Macaroni	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Large: Portion of 587g (full plate)  Medium : Portion of 343 g (half plate)  Small: Portion of 211 g (1/4 of the plate) 	
Rice	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Large: Portion of 420 g (full plate)  Medium : Portion of 261 g (half plate)  Small: Portion of 153 g (1/4 of the plate) 	
Ye aja kinche	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Large: Portion of 545 g (full plate)  Medium : Portion of 267g (half plate)  Small: Portion of 186g (1/4 of the plate) 	
Nifro (ye sinde)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in hand/ palm size (efignih) = 41 g (medium portion) 	

Food item	Average consumption over the last month	Average consumption : show photos	Usual portion size (gram)
ye bula genfo	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Large: Portion of 684g (full curved plate) <input type="text"/> <input type="text"/> Medium : Portion of 407 g (half curved plate) <input type="text"/> <input type="text"/> Small: Portion of 290 g (1/4 of the plate) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
ye gebsi genfo	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Medium portion/ half plate (267 g) <input type="text"/> <input type="text"/> Large portion/ full plate (426 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
kolo ye gebsih kolo <input type="checkbox"/> ye gebsih ena ye shinbira <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in palm size (efignih) Medium portion = 30 gm <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Gruel (atmit)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in number of cups/glasses of gruel show photos Size 1 (ml) <input type="text"/> <input type="text"/> Size 2 (ml) <input type="text"/> <input type="text"/> Size 3 (ml) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Bread Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Bread : maize Ye bokolo kita (ambasha)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of large slices (1 =390g) <input type="text"/> <input type="text"/> Number of medium slices (1=246 g) <input type="text"/> <input type="text"/> Number of small slices (1=199 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Bread: wheat and maize ye sindena yebokolo kita (ambasha)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of large slices (341 g) <input type="text"/> <input type="text"/> Number of medium slices (280 g) <input type="text"/> <input type="text"/> Number of small slices (258 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Bread white (nech ye sukih/ye furno duket dabo)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Ask in monetary value Number of large slice (3birr = 285 g) <input type="text"/> <input type="text"/> Number of medium slice (2birr =114 g) <input type="text"/> <input type="text"/> Number of small slice (1/2 the medium = 57 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Sanbusa	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	<p style="text-align: center;">Ask in monetary value</p> Number of large slice (3birr = g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Number of medium slice (2birr = g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Potatoes Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Potato boiled <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of pieces of average portion boiled potato (1= g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Potato fried <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	<p>Large: Portion of 168g (full plate)</p> <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> <p>Medium : Portion of 109 g (half plate)</p> <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	
Potato stew	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	<p style="text-align: center;">Written in Number of ladles</p> Small ladle (90 g) <input type="text"/> <input type="text"/> Medium ladle (120 g) <input type="text"/> <input type="text"/> Large ladle (308 g) <input type="text"/> <input type="text"/>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>

Legumes and pulses

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Pea stew/Shiro wet mitin shiro <input type="checkbox"/> shiro ye ater ena bakela <input type="checkbox"/> shiro ye bekela ena shimbra <input type="checkbox"/> ye bakela shiro <input type="checkbox"/> ye ater ena ye guaya shiro <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (96 g) <input type="text"/> <input type="text"/> Medium ladle (126g) <input type="text"/> <input type="text"/> Large ladle (167g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Misir kik wet/ split lentil stew	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (62 g) <input type="text"/> <input type="text"/> Medium ladle (89g) <input type="text"/> <input type="text"/> Large ladle (157g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Ater kik wet	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (63 g) <input type="text"/> <input type="text"/> Medium ladle (80g) <input type="text"/> <input type="text"/> Large ladle (134g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Ful (ye bakela)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Large: Portion of g (full plate) <input type="text"/> <input type="text"/> Medium : Portion of g (half plate) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Roots and tubers

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Kocho	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of large slices (g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Number of medium slices (= 169 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Number of small slices (g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Beet root stew	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (55 g) <input type="text"/> <input type="text"/> Large spoon (49 g) <input type="text"/> <input type="text"/>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Sweet potato	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of pieces (1= g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Carrot with potato stew/Carrot be dinich wot	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Medium ladle (126 g) <input type="text"/> <input type="text"/> Small ladle (91g) <input type="text"/> <input type="text"/> Large spoon (67g) <input type="text"/> <input type="text"/>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>

Vegetables

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Cabbage (tikil gomen)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (90g) <input type="text"/> <input type="text"/> Medium ladle (135 g) <input type="text"/> <input type="text"/> Large spoon (47 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Kale (tikur gomen)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (53 g) <input type="text"/> <input type="text"/> Medium ladle (103 g) <input type="text"/> <input type="text"/> Large ladle (151 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Kosta	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (___g) <input type="text"/> <input type="text"/> Large spoon (___g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Tomato sauce/Timatim silsih	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (94 g) <input type="text"/> <input type="text"/> Medium ladle (112 g) <input type="text"/> <input type="text"/> Large spoon (70 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Tomato chopped/Timatim kurtih	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (56 g) <input type="text"/> <input type="text"/> Medium ladle (70g) <input type="text"/> <input type="text"/> Large spoon (37 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Pumpkin stew/duba wot	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (102 g) <input type="text"/> <input type="text"/> Medium ladle (201 g) <input type="text"/> <input type="text"/> Large ladle (307 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
fosoliya	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (66 g) <input type="text"/> <input type="text"/> Large spoon (47g) <input type="text"/> <input type="text"/> Soup spoon (33 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Vegetable soup / ye atikiltih shorba	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (___g) <input type="text"/> <input type="text"/> Medium ladle (___g) <input type="text"/> <input type="text"/> Large ladle (___g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Fruits

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Banana	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of pieces (1=94 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Orange	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of pieces (1= 146 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Mango	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of pieces (1= 212 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Avocado	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of pieces (1= 185 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Small sized ladle (g) <input type="text"/> <input type="text"/> Spoon (large sized) (= g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>
Papaya	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Large portion (=475 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Medium portion (=237g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Small portion (=129 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	

Egg

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Chicken eggs	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of pieces (1= 50 g) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>

Milk and dairy

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Milk: cow's	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Show pictures Number of large glasses (350 ml) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Number of medium glasses (275 ml) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Number of medium cups (ml) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div> Number of small cups(131 ml) <div style="text-align: center;"> <input type="text"/> <input type="text"/> </div>	<div style="text-align: center;"> <input type="text"/> <input type="text"/> <input type="text"/> </div>

Cheese	<input type="checkbox"/> Never or < 1 x per month	large spoon (32 g) <input type="text"/> <input type="text"/>	
	<input type="checkbox"/> 1 x per month	Small ladle (59 g) <input type="text"/> <input type="text"/>	
	<input type="checkbox"/> 2- 3 x per month	Medium ladle (106 g) <input type="text"/> <input type="text"/>	
	<input type="checkbox"/> 1 x per week		
	<input type="checkbox"/> 2-3 x per week		
<input type="checkbox"/> 4-6 x per week			
<input type="checkbox"/> Every day			

Yoghurt	<input type="checkbox"/> Never or < 1 x per month	Show pictures	<input type="text"/> <input type="text"/> <input type="text"/>
	<input type="checkbox"/> 1 x per month	Number of large yoghurt glasses (475ml)	
	<input type="checkbox"/> 2- 3 x per month	<input type="text"/> <input type="text"/>	
	<input type="checkbox"/> 1 x per week	Number of medium yoghurt glasses (350 ml)	
	<input type="checkbox"/> 2-3 x per week	<input type="text"/> <input type="text"/>	
	<input type="checkbox"/> 4-6 x per week	Number of small yoghurt glasses (295 ml)	
<input type="checkbox"/> Every day	<input type="text"/> <input type="text"/>		

Fish and products based on fish

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Fish	<input type="checkbox"/> Never or < 1 x per month	Piece fish of g (=100 g : fillet) (feleto)	<input type="text"/> <input type="text"/> <input type="text"/>
Fried fish (asa tibs) <input type="checkbox"/>	<input type="checkbox"/> 1 x per month		
Asa stew (Asa wot) <input type="checkbox"/>	<input type="checkbox"/> 2- 3 x per month	Fried fish = 406 g <input type="text"/> <input type="text"/>	
Asa stew (Asa wot) <input type="checkbox"/>	<input type="checkbox"/> 1 x per week		
Asa gulash <input type="checkbox"/>	<input type="checkbox"/> 2-3 x per week	Tuna = 75 g <input type="text"/> <input type="text"/>	
Tuna <input type="checkbox"/>	<input type="checkbox"/> 4-6 x per week		
Asa leb leb <input type="checkbox"/>	<input type="checkbox"/> Every day		
Asa kotelet <input type="checkbox"/>			

Meat and poultry

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Meat Siga wotih	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (54 g) <input type="text"/> <input type="text"/> Medium ladle (103 g) <input type="text"/> <input type="text"/> Large ladle (158 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Kitfo	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (60 g) <input type="text"/> <input type="text"/> Medium ladle (80 g) <input type="text"/> <input type="text"/> Large ladle (118 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Gored gored	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (g) <input type="text"/> <input type="text"/> Medium ladle (g) <input type="text"/> <input type="text"/> Large ladle (g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Ye bereh tibsih	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (32 g) <input type="text"/> <input type="text"/> Medium ladle (51 g) <input type="text"/> <input type="text"/> Large ladle (78 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Minchet <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (g) <input type="text"/> <input type="text"/> Medium ladle (g) <input type="text"/> <input type="text"/> Large ladle (g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Kikil <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (g) <input type="text"/> <input type="text"/> Medium ladle (g) <input type="text"/> <input type="text"/> Large spoon (g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Ye begih tibs <input type="checkbox"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (32 g) <input type="text"/> <input type="text"/> Medium ladle (51 g) <input type="text"/> <input type="text"/> Large spoon (78 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Poultry (ye doro siga) Chicken stew/doro wet Doro alicha Doro tibs wot	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small ladle (g) <input type="text"/> <input type="text"/> Medium ladle (g) <input type="text"/> <input type="text"/> Large spoon (g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Fat and oil

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Butter	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small spoon (g) <input type="text"/> <input type="text"/> Medium spoon (g) <input type="text"/> <input type="text"/> Large spoon (g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Oil (type of oil) Plant/palm/ saturated/ yerega	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Small spoon (g) <input type="text"/> <input type="text"/> Medium spoon (g) <input type="text"/> <input type="text"/> Large spoon (g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Sweets

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Honey <input type="text"/> Jam <input type="text"/>	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small spoon (8 g) <input type="text"/> <input type="text"/> Medium spoon (12 g) <input type="text"/> <input type="text"/> Large spoon (23 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Sugar	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Written in Number of ladles Small spoon (4g) <input type="text"/> <input type="text"/> Medium spoon (7g) <input type="text"/> <input type="text"/> Large spoon (16 g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Drinks

Non-Alcoholic drinks Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Coffee	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of coffee cups/ show images Small cup (___g) <input type="text"/> <input type="text"/> Medium cup (___g) <input type="text"/> <input type="text"/> Large cup (___g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Tea	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of tea cups/ show images Small cup(___g) <input type="text"/> <input type="text"/> Medium cup (___g) <input type="text"/> <input type="text"/> Large cup (___g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Mekiyato/ buna be wete	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of cups/ show images Small cup(___g) <input type="text"/> <input type="text"/> Medium cup (___g) <input type="text"/> <input type="text"/> Large cup (___g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Drinks

Non-Alcoholic drinks Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Coffee	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of coffee cups/ show images Small coffee cup (57g) <input type="text"/> <input type="text"/> Medium cup (61g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Tea	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of tea cups/ show images Small tea cup(131g) <input type="text"/> <input type="text"/> Medium tea cup (91g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Mekiyato/ buna be wete	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of tea cups/ show images Small tea cup(131g) <input type="text"/> <input type="text"/> Medium tea cup (91g) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Soft drinks Mirinda Fanta Pepsi Coca-cola	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of glasses/ Small glasses (400ml) <input type="text"/> <input type="text"/> Medium glasses (275ml) <input type="text"/> <input type="text"/> Large glasses (250 ml) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Alcoholic drinks Beer	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of cans or bottles of 330ml <input type="text"/> <input type="text"/> Number of cans or bottles of (500ml) <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Tella Tej Arake borde	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of glasses/ Small glasses (400ml) <input type="text"/> <input type="text"/> Med glasses (275ml) <input type="text"/> <input type="text"/> Large glasses (250 ml) <input type="text"/> <input type="text"/>	

Fast foods and pastry

Food item	Average consumption over the last month	Average consumption	Usual portion size (gram)
Burger	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of 1 (1)pieces = 376 g <input type="text"/> <input type="text"/> Number of ½ or half pieces <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>
Pizza	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Small slice (1/4 full : 110g) <input type="text"/> <input type="text"/> Medium slice (1/2 full : 184g) <input type="text"/> <input type="text"/> Full/ one pizza = 308 g <input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/> <input type="text"/>

Cake (types of cake)	<input type="checkbox"/> Never or < 1 x per month <input type="checkbox"/> 1 x per month <input type="checkbox"/> 2- 3 x per month <input type="checkbox"/> 1 x per week <input type="checkbox"/> 2-3 x per week <input type="checkbox"/> 4-6 x per week <input type="checkbox"/> Every day	Number of large slice = g	<table border="1"><tr><td data-bbox="1602 235 1677 272"></td><td data-bbox="1677 235 1738 272"></td><td data-bbox="1738 235 1808 272"></td></tr></table>			