Name and surname**: code:**

Did you follow a special diet last year?

1-Yes 2-No

If yes, type it:

**.....................................................**

Average load consumption in the last year

|  |  |  |  |  |  |  |
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| code | **yearly** | **monthly** | **weekly** | daily | the amount of  portion size | Food |
| 1 |  |  |  |  | **…...Slice** | Lavash Bread |
| 2 |  |  |  |  | **…...Slice** | Berber bread |
| 3 |  |  |  |  | **…...Slice** | Sangak bread |
| 4 |  |  |  |  | **…...Slice** | Taftoun bread |
| 5 |  |  |  |  | **…...Slice** | Baguette bread |
| 6 |  |  |  |  | **…...Item** | Toast (whole grain) |
| 7 |  |  |  |  | ----table spoon | Cooked rice |
| 8 |  |  |  |  | ----table spoon | Baked pasta |
| 9 |  |  |  |  | …..item | potato |
| 10 |  |  |  |  | ----number | French fries |
| 11 |  |  |  |  | ……cup | Cooked vermicelli |
| 12 |  |  |  |  | ……cup | Reshteh (kind of pasta) |
| 13 |  |  |  |  | ----table spoon | wheat flour |
| 14 |  |  |  |  | …..item | Biscuits (With type) and size |
| 15 |  |  |  |  | …..item | Cracker |
| 16 |  |  |  |  | …..item | Cake Yazdi |
| 17 |  |  |  |  | …..slice | Home-made cake (birthday, etc.) |
| 18 |  |  |  |  | …..item | Other cakes |
| 19 |  |  |  |  | …..item | Corn and cobs |
| 20 |  |  |  |  | …..Table  spoon | Cooked barley |
| 21 |  |  |  |  | …..Table  spoon | Baked oatmeal |
| 22 |  |  |  |  | …..Table  spoon | Lentils |
| 23 |  |  |  |  | …..Table  spoon | Bean |

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| code | Yearly | Monthly | weekly | daily | The amount of portion size | **Food** |
| 24 |  |  |  |  | …..Table  spoon | Pea |
| 25 |  |  |  |  | …..Table  spoon | Baked beans |
| 26 |  |  |  |  | …..Table  spoon | Soy beans |
| 27 |  |  |  |  | …..Table  spoon | Mung bean |
| 28 |  |  |  |  | …..Table  spoon | split peas |
| 29 |  |  |  |  | …..Gram | Beef or veal |
| 30 |  |  |  |  | …..Gram | Lamb meat |
| 31 |  |  |  |  | …..Gram | Ground beef |
| 32 |  |  |  |  | …..Gram | Chicken and chicken with skin |
| 33 |  |  |  |  | …..Gram | Chicken and chicken without skin |
| 34 |  |  |  |  | …..Gram | Fish (excluding canned tuna) with type |
| 35 |  |  |  |  | ….Item | Tuna (canned) |
| 36 |  |  |  |  | ….Item | Hamburger |
| 37 |  |  |  |  | ….Item | sausage |
| 38 |  |  |  |  | …..Slice | Calbas (a kind of sausage) |
| 39 |  |  |  |  | ….Item | Heart, liver and offal |
| 40 |  |  |  |  | ….Item | egg |
| 42 |  |  |  |  | ….Item | Visceral tissue of sheep |
| 43 |  |  |  |  | ….Item | Tongue |
| 43 |  |  |  |  | ….Item | brain |
| 44 |  |  |  |  | ….Item | Head |
| 45 |  |  |  |  | ….Item | leg |
| 46 |  |  |  |  | …..cup | pizza |
| 47 |  |  |  |  | …..cup | Non-fat milk | |
| 48 |  |  |  |  | …..cup | Low fat milk (> 2%) | |
| 49 |  |  |  |  | …..cup | High-fat milk (2% <) | |
| 50 |  |  |  |  | …..cup | cofee milk | |
| 51 |  |  |  |  | …..cup | Chocolate milk | |
| 52 |  |  |  |  | …..table spoon | Concentrated yogurt | |
| 53 |  |  |  |  | …..cup | Ordinary yogurt | |
| 54 |  |  |  |  | …..cup | full fat yogurt | |
| 55 |  |  |  |  | …..cup | creamy yoghurt | |
| 56 |  |  |  |  | ….gram | Cheese (except creamy) | |
| 57 |  |  |  |  | ….gram | cream cheese | |
| 58 |  |  |  |  | ….cup | Dough | |
| 59 |  |  |  |  | …..table spoon | Cream and butter | |
| 60 |  |  |  |  | ….cup | Traditional ice cream | |
| 61 |  |  |  |  | ….cup | Non-traditional ice cream | |

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| code | Yearly | monthly | weekly | **daily** | **The amouth of portion size** | **Food** |
| 62 |  |  |  |  | ….gram | Butter (+ what is added to food) |
| 63 |  |  |  |  | ….table spoon | Margarine (+ what is added to food) |
| 64 |  |  |  |  | ….…table spoon | Kashk |
| 65 |  |  |  |  | ….cup | Chopped lettuce |
| 66 |  |  |  |  | …item | Tomato |
| 67 |  |  |  |  | …item | Cucumber |
| 68 |  |  |  |  | ….cup | Eat vegetables |
| 69 |  |  |  |  | ….cup | Stewed vegetables (cooked) |
| 70 |  |  |  |  | ….cup | pumpkin |
| 71 |  |  |  |  | ….cup | Pumpkin stew |
| 72 |  |  |  |  | ….item | Baked eggplant |
| 73 |  |  |  |  | ….cup | Cooked celery |
| 74 |  |  |  |  | ….cup | Cooked green peas |
| 75 |  |  |  |  | ….cup | Cooked green beans |
| 76 |  |  |  |  | …item | Raw carrots |
| 77 |  |  |  |  | …item | Cooked carrots |
| 78 |  |  |  |  | …item | garlic |
| 79 |  |  |  |  | …item | Raw onions |
| 80 |  |  |  |  | …. tablespoon | Fried onions |
| 81 |  |  |  |  | ….cup | Cabbage (including kale, button cabbage and cauliflower) |
| 82 |  |  |  |  | …item | Bell pepper |
| 83 |  |  |  |  | ….cup | Raw spinach |
| 84 |  |  |  |  | ….cup | Cooked spinach |
| 85 |  |  |  |  | …item | Turnip |
| 86 |  |  |  |  | …tea spoon | black pepper |
| 87 |  |  |  |  | … table spoon | ketchup |
| 88 |  |  |  |  | … table spoon | pickle |
| 89 |  |  |  |  | … table spoon | Salt (citing contents) |
| 90 |  |  |  |  | ….item | Pickled cucumber |
| 91 |  |  |  |  | ….item | cantaloupe |
| 92 |  |  |  |  | …..slice | Melon |
| 93 |  |  |  |  | …..slice | Watermelon |
| 94 |  |  |  |  | ….item | Pear |
| 95 |  |  |  |  | ….item | Apricot |
| 96 |  |  |  |  | ….item | Cherry |
| 97 |  |  |  |  | ….item | Apple |

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| code | Yearly | Monthly | Weekly | **daily** | **The amount of portion size** | **Food** |
| 98 |  |  |  |  | ….item | Peach |
| 99 |  |  |  |  | ….item | Nectarine |
| 100 |  |  |  |  | ….item | Green tomatoes |
| 101 |  |  |  |  | ….item | Fresh figs |
| 102 |  |  |  |  | ….item | Dried figs |
| 103 |  |  |  |  | ….cup | grape |
| 104 |  |  |  |  | ….item | Kiwi |
| 105 |  |  |  |  | ….item | Grapefruit |
| 106 |  |  |  |  | ….item | Orange |
| 107 |  |  |  |  | ….item | persimmon |
| 108 |  |  |  |  | ….item | tangerine |
| 109 |  |  |  |  | ….item | Pomegranate |
| 110 |  |  |  |  | ….item | Date |
| 111 |  |  |  |  | ….item | Plums (yellow and red) |
| 112 |  |  |  |  | ….cup | Cherries |
| 113 |  |  |  |  | ….cup | Strawberries |
| 114 |  |  |  |  | ….item | banana |
| 115 |  |  |  |  | ….item | sweet lemon |
| 116 |  |  |  |  | ….item | Lemon |
| 117 |  |  |  |  | …cup | Grapefruit juice |
| 118 |  |  |  |  | …cup | Orange juice |
| 119 |  |  |  |  | …cup | Apple juice |
| 120 |  |  |  |  | …cup | cantaloupe juice |
| 121 |  |  |  |  | …cup | Blueberries |
| 122 |  |  |  |  | …cup | Fresh pineapple |
| 123 |  |  |  |  | …cup | Canned pineapple |
| 124 |  |  |  |  | …,table spoon | raisin |
| 125 |  |  |  |  | …cup | cantaloupe |
| 126 |  |  |  |  | …cup | Fresh berries |
| 127 |  |  |  |  | …cup | Dried berries |
| 128 |  |  |  |  | …item | peach skin |
| 129 |  |  |  |  | …item | Apricot |
| 130 |  |  |  |  | …item | Green olives |
| 131 |  |  |  |  | …cup | Compote Fruits (Indicating the type |

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| code | Yearly | **monthly** | **weekly** | **daily** | **The amount of portion size** | **Food** |
| 132 |  |  |  |  | …table spoon | Solid vegetable oil |
| 133 |  |  |  |  | …table spoon | Liquid oil |
| 134 |  |  |  |  | …table spoon | olive oil |
| 135 |  |  |  |  | …table spoon | Pee (kind of oil) |
| 136 |  |  |  |  | …table spoon | Animal oil |
| 137 |  |  |  |  | …table spoon | Mayonnaise |
| 138 |  |  |  |  | ….item | peanut |
| 139 |  |  |  |  | ….item | Almond |
| 140 |  |  |  |  | ….item | Walnut |
| 141 |  |  |  |  | ….item | Pistachio |
| 142 |  |  |  |  | ….item | Hazelnut |
| 143 |  |  |  |  | …cup | Seeds (pumpkin, sunflower, watermelon) |
| 144 |  |  |  |  | ….item | Crystal sugar |
| 145 |  |  |  |  | ….tea spoon | Sugar |
| 146 |  |  |  |  | ….table spoon | Honey |
| 147 |  |  |  |  | ….table spoon | Jam (by type) |
| 148 |  |  |  |  | ….cup | soda |
| 149 |  |  |  |  | …item | Dry sweets |
| 150 |  |  |  |  | …item | Wet sweets |
| 151 |  |  |  |  | …item | Gaz (a kind of sweet) |
| 152 |  |  |  |  | …item | Candy |
| 153 |  |  |  |  | …item | Sohan (kind of swet) |
| 154 |  |  |  |  | …item | Cheese corn puffs |
| 155 |  |  |  |  | …item | chocolate |
| 156 |  |  |  |  | ….table spoon | Caramel cream |
| 157 |  |  |  |  | ….cup | tea |
| 158 |  |  |  |  | ….tea spoon | salt |
| 159 |  |  |  |  | ….cup | Broth (water only) |
| 160 |  |  |  |  | ….cup | Chips |
| 161 |  |  |  |  | ….cup | Coffee |
| 162 |  |  |  |  | ….cup | Lemon juice |
| 163 |  |  |  |  | ….table spoon | Nabat (kind of candy) |
| 164 |  |  |  |  | ….cup | Cooked mushrooms |
| 165 |  |  |  |  | ….table spoon | Homemade halva  (kind of candy) |
| 166 |  |  |  |  | …item | Halva Shukri (kind of candy) |
| 167 |  |  |  |  | …item | Noghl ((kind of candy) |
| 168 |  |  |  |  | …item | [strudel](https://abadis.ir/entofa/s/strudel/) |