

1) Collection date of diet information:

(DD-MM-YYYY)

## DIET

During the past month...

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| 2) How often did the participant eat hot or cold cereals?   | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 3) How often did the participant have dairy milk to drink / in cereal?<br>(Excluding cream, soy milk or small amounts of milk in coffee or tea. Including buttermilk, fermented milk and flavoured-milks) | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 4) How often did the participant drink 100% pure fruit juice?<br>(Excluding fruit-flavoured drinks with added sugar)  | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 5) How often did the participant drink sweetened fruit drinks, sports or energy drinks?   | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 6) How often did the participant eat fruit?<br>(Including fresh, frozen, dried or canned fruit)   | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 7) How often did the participant eat green leafy salads or vegetables?  | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 8) How often did the participant eat fried potatoes?<br>(Including french fries, home fries, or hash brown potatoes)  | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 9) How often did the participant eat baked, boiled, mashed potatoes, sweet potatoes, or potato salad?<br>(Excluding fried potatoes)   | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
| 10) How often did the participant eat beans?  | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |

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| 11) How often did the participant eat other vegetables (not previously mentioned)?<br>(Examples; carrots, corn, beetroot) | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 12) How often did the participant eat any kind of cheese? | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 13) How often did the participant eat whole grain bread? (Whole grain breads include whole wheat, rye, oatmeal and pumpernickel. Excluding white bread) | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 14) How often did the participant eat white bread? | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 15) How often did the participant eat brown rice or other cooked whole grains, such as bulgur, cracked wheat, or millet? (Excluding white rice) | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 16) How often did the participant eat white rice? | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 17) How often did the participant eat pasta dishes, such as spaghetti, macaroni or noodles? | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 18) How often did the participant eat red meat, such as beef, pork, goat, mutton, venison? (Excluding chicken, turkey or seafood) | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 19) How often did the participant eat processed meat, such as bacon, lunch meats, polony or hot dogs? | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 20) How often did the participant eat chicken or other poultry? | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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| 21) How often did the participant eat seafood? (Including freshwater fish and crabs) | <input type="radio"/> Usually (>4 days a week)<br><input type="radio"/> Sometimes (1-4 days a week)<br><input type="radio"/> Rarely (< 3 days a month)<br><input type="radio"/> Never |
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- 22) How often did the participant eat spicy food, containing peppers or spicy seasoning, such as Mexican and Indian cuisine?
- ☐ Usually (>4 days a week)  
☐ Sometimes (1-4 days a week)  
☐ Rarely (< 3 days a month)  
☐ Never
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- 23) How often did the participant eat food high in sodium such as canned food, condiments, pickles, or restaurant-type food?
- ☐ Usually (>4 days a week)  
☐ Sometimes (1-4 days a week)  
☐ Rarely (< 3 days a month)  
☐ Never
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- 24) How often does the participant buy from a \*vendor or take-away or restaurant?
- ☐ Usually (>4 days a week)  
☐ Sometimes (1-4 days a week)  
☐ Rarely (< 3 days a month)  
☐ Never
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- 25) What type of oil or fat is most often used for food preparation in the participant's household?
- ☐ Vegetable oil  
☐ Animal fat  
☐ Butter or ghee  
☐ Margarine  
☐ Any of the above  
☐ None used
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Has a doctor, nurse, or other healthcare worker ever advised the participant to...

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- 26) Change their diet?
- ☐ Yes  
☐ No
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- 27) Lose weight?
- ☐ Yes  
☐ No
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Diet - Instrument Version 2.0 Released September 2022  
H3ABioNet & H3Africa Phenotype Standards