MOM'S DIET FILE (UNC 1991 SURVEY)
===

QUEST. NO.	VAR. NO.	VAR. NAME	VARIABLE CODE

| ID1 | 1 | SURVEY | TYPE OF SURVEY |

7 - 1991 Follow-up Survey

| ID2 | 2 | CURRBRGY | CURRENT BARANGAY |

(See HOUSEHOLD FILE for complet e list)

| ID3 | 3 | CURRSTRA | CURRENT STRATUM |

1 - Urban
2 - Rural

| ID4 | 4 | BASEBRGY | BASELINE BARANGAY ID NUMBER |

(See HOUSEHOLD FILE for complet e list)

| ID4 | 5 | BASEHHNO | BASELINE HOUSEHOLD ID NUMBER |

  1   - Household no. one
:
1000 - Household no. one thousand
:

| ID4 | 6 | BASEWMAN | BASELINE SAMPLE WOMAN ID NUMBER |

  1   - Sample woman no. one
:
1000 - Sample woman no. one
        thousand
:

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MOM'S DIET FILE (UNC 1991 SURVEY)
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QUEST.   VAR. VAR.   VARIABLE CODE
NO.   NO. NAME

ID5   7   LCURBRGY   <u>LAST CURRENT BARANGAY ID NUMBER</u>

                             (SAME CODE AS BASEBRGY)
                             100 - Non Sample Barangay
                             134**S)**,
                                >Control Barangays
                             144**S)**-

ID5   8   CURRHHNO   <u>LAST CURRENT HOUSEHOLD ID NUMBER</u>

                              1   - Household no. one
                              :
                             1000 - Household no. one thousand
                              :

ID5   9   CURRWMAN   <u>LAST CURRENT WOMAN ID NUMBER</u>

                              1   - Sample woman no. one
                              :
                             1000 - Sample woman no. one
                                      thousand
                              :

ID6   10   BRGYID91   <u>BARANGAY ID NUMBER IN 1991/92</u>

                             (SAME CODE AS CURRBRGY)

ID6   11   HHLDID91   <u>HOUSEHOLD ID NUMBER IN 1991/92</u>

                              1 -

                             140

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MOM'S DIET FILE (UNC 1991 SURVEY)
=================================================================
QUEST.      VAR.  VAR.            VARIABLE CODE
NO.         NO.   NAME
-----------------------------------------------------------------


                              :

-----------------------------------------------------------------




ID6         12    WMANID91        WOMAN ID NUMBER IN 1991/92

                                  1 -
                                  :

-----------------------------------------------------------------


ID7         13    STAT1991        STATUS  OF  MOTHER  AND  CHILD  AS  O F
                                  1991/92  (See   page   9   for   mor e
                                  detailed definitions)

                                  1 - Mother and index child togethe r
                                      in household
                                  2 - Mother in household, index chil  d
                                      elsewhere (located or not)
                                  3 - Mother in household, index chil  d
                                      dead
                                  5 - Index child in household, mothe  r
                                      elsewhere (located or not)
                                  6 - Index child in household, mothe  r
                                      dead
                                  7 - Index   child   in   household ,
                                      mother not located

                                  10 - Code    used    for    the    ff .
                                       conditions:

                                       a) mother located, index child
                                           dead
                                       b) mother dead, index chil d
                                           located
                                       c) mother located, index child
                                           stillbirth or miscarriage
                                       d) multiple birth (index), mom
```

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QUEST.     VAR. VAR.              VARIABLE CODE
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```
                                 and   children   in   sam e
                                 household
                              e) multiple birth (index), mom
                                    and    children    livin g
                                    separately

                          11 - Mother and index child livin g
                                 together or separately in
                                 a new address
```
--   -------

NOTE: The food frequency table captured the mother's usua l
intake over the past year. "U sual" is defined as: eaten
at least 3-4 times a week.

```
I18        14   MFOOD91              FOOD ITEM

                                CEREALS:

                                 1 - Rice
                                 2 - Corn (includes corn-on-th  e-cob)
                                 3 - Rice-corn mix
                                 4 - Rice gruel
                                 5 - Corn gruel
                                 6 - Bulgur, oatmeal

                                FISH AND CRUSTACEANS:

                                 7 - Fresh fish
                                 8 - Dried fish
                                 9 - Salted/fermented fish)
                                10 - Squid
                                11 - Salted/fermented shrimp)
                                12 - Sardines (canned fish)
                                13 - Smoked fish
                                14 - Shrimp
                                15 - Clams, mussels
                                16 - Crabs
                                17 - Seaweeds
```

```
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----------------------------------------------------------------


                                   MEAT (includes processed meats):

                                   18 - Pork
                                   19 - Beef [includes carabao (wate  r
                                             buffalo) meat]
                                   20 - Goat/Dog meat
                                   21 - Organ meats (liver, etc)

                                   POULTRY AND EGGS:

                                   22 - Chicken
                                   23 - Other poultry (duck, turkey)
                                   24 - Eggs


                                   DRIED BEANS, NUTS, AND SEEDS:

                                   25 - Mung bean
                                   26 - Peanut
                                   27 - Bean products (bean curd)
                                   28 - Other dried beans, nuts &   seeds

                                   VEGETABLES:

                                   29 - Green leafy vegetables
                                   30 - Yellow squash
                                   31 - Carrots
                                   32 - Bitter melon
                                   33 - Eggplant
                                   34 - Okra
                                   35 - Bean sprouts
                                   36 - Other vegetables

                                   FRUITS*:

                                   37 - White bananas
                                   38 - Yellow/red bananas
                                   39 - Cooked banana (plantain)
                                   40 - Green mango
                                   41 - Ripe mango
                                   42 - Papaya
                                   43 - high Vitamin C fruits
```

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MOM'S DIET FILE (UNC 1991 SURVEY)
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QUEST.   VAR. VAR.   VARIABLE CODE
NO.   NO. NAME
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                              44 - low Vitamin C fruits

                              BAKED NATIVE PRODUCTS:

                              45 - Pan de Sal (local bread)
                              46 - Sliced white bread
                              47 - Other bread
                              48 - Cookies/Crackers
                              49 - Pork Hopia (Mooncakes)
                              50 - Mongo Hopia (Mooncakes)
                              51 - Cakes
                              52 - Rice cakes, other native
                                   products
                              53 - Other baked/native products

                              NOODLES:

                              54 - Pancit (wheat, rice noodles)
                              55 - Sotanghon (mung bean noodles)
                              56 - Other noodles

                              STARCHY ROOTS AND TUBERS **:

                              57 - White tubers
                              58 - Yellow tubers
                              59 - Violet tubers
                              60 - Potato
                              61 - Other root crops and tubers

                              JUICES:

                              62 - Kalamansi   (Philippin e
                                   lemon)juice
                              63 - Coconut juice
                              64 - Powdered fruit juices
                              65 - Liquid fruit juices

                              MILK:

                              66 - Fresh milk
                              67 - Condensed milk
                              68 - Evaporated milk

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QUEST.      VAR. VAR.           VARIABLE CODE
NO.         NO.  NAME
-----------------------------------------------------------------
```

```
                              69 - Powdered milk
                              70 - Other milk products (include s
                                      cheese,    ice    cream ,
                                      cultured milk, flans)

                              MISCELLANEOUS FOODS:

                              71 - Coffee/ Tea
                              72 - Powdered chocolate drinks
                              73 - Native chocolate/cocoa
                              74 - Soft drinks
                              75 - Alcoholic beverages

                              76 - Sweet  snack  items  (include s
                                   candies,      jams,     swee t
                                   delicacies, honey, etc.)

                              77 - Low-nutrient    snack    item s
                                   (includes  potato  chips,  ic e
                                   candy, popcorn, etc)
                              78 - Raw rice (eaten as is)
                              79 - Salt
                              80 - Mayonnaise, sandwich spread
```

*   White bananas have lower β-carotene values than yellow or red
        bananas

        High Vitamin C fruits =   fruits containing > 20 mg Ascorbi c
                                   Acid per 100 grams edible portion

                                   ex.: guava, citrus fruits, pineappl e

        Low Vitamin C fruits =   fruits containing < 21 mg Ascorbi c
                                   Acid per 100 grams edible portion

                                   ex.: avocado, jackfruit, wate rmelon

**   White tubers contain less β-carotene content than yello w
        tubers

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    Purple tubers (mostly yam) contain 0   β-carotene when boiled
-----------------------------------------------------------------

I19-22      15    MFREQ              FREQUENCY

                                     1 - Daily
                                     2 - Weekly
                                     3 - Monthly
                                     4 - Annually/ Almost never

             -----------------------------------------------------

I19-22      16    MQUANTIT           NUMBER   OF   TIMES   FOOD   ITEM   WA S
                                     CONSUMED IN A DAY/WEEK/MONTH/YEAR

                                      1 - Once
                                      :
                                      7 - Seven times
                                      :
             -----------------------------------------------------




I25         17    MFOODWGT           USUAL  SERVING PORTION PER MEAL (i  n
                                     grams)

                                      50 - Fifty grams
                                       :
                                     900 - Nine hundred grams
                                       :
             -----------------------------------------------------

                  WHOSEHH            WHOSE   HOUSEHOLD   -   MOTHER'S   O R
                                     CARETAKER'S?   This   is   a   create d
                                     variable

                                     1  - Mother's household
                                     2  - Caretaker's household

-----------------------------------------------------------------
```

```
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================================================================
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NO.       NO.  NAME
----------------------------------------------------------------


          TWINS                 MULTIPLE  BIRID  (refers  to  inde x
                                children only);  this is a create d
                                variable

                                0   - Single birth
                                1    - Twins, both coded "34" i n
                                       RELNINDX (PERSON FILE)
                                2    - Twins, one coded "34", th e
                                       o ther coded as sibling i n
                                       RELNINDX (PERSON FILE)
                                3   - Twins, one died
                                4   - Triplets, one died, surviving
                                       pair  both coded "34" i n
                                        R ELNINDX (PERSON FILE )
```

ADDITIONAL NOTES:

1.   Seasonal food items :

     If a food item was taken 2x daily for 2 months, it was coded
     as:

          MFREQ   - 4 (annually/almost never)
          MQUANTIT - 120 (2 x 30 x 2)

2.   For food items sharing the same MFOOD91 codes (fruits, baked

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-----------------------------------------------------------------
```

products, etc.):

- only the most frequently consumed food item was coded

- if two or more food items fell under the same frequency category (daily, weekly, monthly, annually), the number of times consumed per day/week/month/year for each item were summed up.