

CHILD'S DIET FILE (UNC 1991 SURVEY)

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

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ID1	1	SURVEY	<u>TYPE OF SURVEY</u>
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7 - 1991 Follow-up survey

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ID2	2	CURRBRGY	<u>CURRENT BARANGAY</u>
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(See HOUSEHOLD FILE for complete list)

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ID3	3	CURRSTRA	<u>CURRENT STRATUM</u>
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1 - Urban  
2 - Rural

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ID4	4	BASEBRGY	<u>BASLINE BARANGAY ID NUMBER</u>
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(See HOUSEHOLD FILE for complete list)

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ID4	5	BASEHHNO	<u>BASLINE HOUSEHOLD ID NUMBER</u>
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1 - Household no. one  
:  
1000 - Household no. one thousand  
:

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ID4	6	BASEWMAN	<u>BASLINE SAMPLE WOMAN ID NUMBER</u>
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1 - Sample woman no. one  
:  
1000 - Sample woman no. one thousand  
:

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ID5	7	LCURBRGY	<u>LAST CURRENT BARANGAY ID NUMBER</u>
			(SAME CODE AS BASEBRGY)
			100 - Non Sample Barangay
			134S),
			>Control Barangays
			144S)-

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ID5	8	CURRHHNO	<u>LAST CURRENT HOUSEHOLD ID NUMBER</u>
			1 - Household no. one
			:
			1000 - Household no. one thousand
			:

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ID5	9	CURRWMAN	<u>LAST CURRENT WOMAN ID NUMBER</u>
			1 - Sample woman no. one
			:
			1000 - Sample woman no. one thousand
			:

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ID6	10	BRGYID91	<u>BARANGAY ID NUMBER IN 1991/92</u>
			(SAME CODE AS BASEBRGY)
			100 - Non Sample Barangay

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ID6	11	HHLDDID91	<u>HOUSEHOLD ID NUMBER IN 1991/92</u>
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1 -  
:

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ID6	12	WMANID91	<u>WOMAN ID NUMBER IN 1991/92</u>
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1 -  
:

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ID7	13	STAT1991	<u>STATUS OF MOTHER AND CHILD AS OF 1991/92</u> (See page 9 for more detailed definitions)
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- 1 - Mother and index child together in household
- 2 - Mother in household, index child elsewhere (located or not)
- 3 - Mother in household, index child dead
- 5 - Index child in household, mother elsewhere (located or not)
- 6 - Index child in household, mother dead
- 7 - Index child in household, mother not located
- 10 - Code used for the following conditions:
  - a) mother located, index child dead
  - b) mother dead, index child located
  - c) mother located, index child stillbirth or miscarriage
  - d) multiple birth (index), mom

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and children in same household  
 e) multiple birth (index), mom and children living separately

11 - Mother and index child living together or separately in a new address

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B14      14    CHILDNO      LINE NUMBER OF INDEX CHILD
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1 - One  
 :  
 10 - Ten  
 :

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NOTE:    The food frequency table captured the child's usual
         intake over the past year. Usual was defined as at least
         3-4 times a week; For food items eaten in school, at
         least 2-3 times a week was considered usual.
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In most cases, the mother was asked the following questions on the child's intake; these responses were occasionally validated with the child when mother was unsure of the answer.

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N14      15    CFOOD91      FOOD ITEM
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CEREALS:

1 - Rice  
 2 - Corn (includes corn-on-the-cob)  
 3 - Rice-corn mix

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- 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

MEAT (includes processed meats):

- 18 - Pork (includes pork crack lings)
- 19 - Beef [includes carabao (water 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 beans
- 26 - Peanut
- 27 - Bean products (bean curd)
- 28 - Other dried beans, nuts & seeds

VEGETABLES:

- 29 - Green leafy vegetables

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- 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
- 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

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

JUICES:

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

MILK:

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

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- \* White bananas have lower  $\beta$ -carotene values than yellow or red bananas
- High Vitamin C fruits = fruits containing > 20 mg Ascorbic Acid per 100 grams edible portion
- ex.: guava, citrus fruits, pineapple
- Low Vitamin C fruits = fruits containing < 21 mg Ascorbic Acid per 100 grams edible portion
- ex.: avocado, jackfruit, watermelon
- \*\* White tubers contain less  $\beta$ -carotene content than yellow tubers
- Purple tubers (mostly yam) contain 0  $\beta$ -carotene when boiled

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N15-18	16	CFREQ	<u>FREQUENCY</u>
			1 - Daily
			2 - Weekly
			3 - Monthly
			4 - Annually/ Almost never

  

N15-18	17	CQUANTIT	<u>NUMBER OF TIMES FOOD ITEM WAS CONSUMED IN A DAY/WEEK/MONTH/YEAR</u>
			1 - Once
			:
			7 - Seven times
			:

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N21	18	CFOODWGT	<u>USUAL SERVING PORTION PER MEAL (in grams)</u>
			50 - Fifty grams

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      :
      900 - Nine hundred grams
      :
      :
```

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      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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```

ADDITIONAL NOTES:

1. Seasonal food items :

If a food item was taken 2x daily for 2 months, coding was as follows:

```
CFREQ - 4 (annually/almost never)
CQUANTIT - 120 (2 x 30 x 2)
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2. For food items sharing the same CFOOD91 codes (fruits, baked 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.