P

articipant Identification Number		
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CORE: Diet

The next questions ask about the fruits and vegetables that you usually eat. I have a nutrition card here that shows you some examples of local fruits and vegetables. Each picture represents the size of a serving. As you answer these guestions please think of a typical week in the last year.

Question	Response	Code
In a typical week, on how many days do you eat fruit? (USE SHOWCARD)	Number of days Don't Know 77 If Zero days, go to D3	D1
How many servings of fruit do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't Know 77	D2
In a typical week, on how many days do you eat vegetables?(USE SHOWCARD)	Number of days Don't Know 77 If Zero days, go to D5	D3
How many servings of vegetables do you eat on one of those days? (USE SHOWCARD)	Number of servings Don't know 77	D4

Dietary salt

With the next questions, we would like to learn more about salt in your diet. Dietary salt includes ordinary table salt, unrefined salt such as sea salt, iodized salt, salty stock cubes and powders, and salty sauces such as soya sauce or fish sauce (see show card). The following questions are on adding salt to the food right before you eat it, on how food is prepared in your home, on eating processed foods that are high in salt such as [insert country specific examples], and questions on controlling your salt intake. Please answer the questions even if you consider yourself to eat a diet low in salt.

yoursell to eat a diet low in sait.			
How often do you add salt or a salty sauce such as soya sauce to your food right before you eat it or as you are eating it?	Always	1	
	Often	2	
(SELECT ONLY ONE)	Sometimes	3	Dr
	Rarely	4	D5
	Never	5	
(USE SHOWCARD)	Don't know	77	
	Always	1	
How often is salt, salty seasoning or a salty sauce added in cooking or preparing foods in your household?	Often	2	
	Sometimes	3	De
	Rarely	4	D6
	Never	5	
	Don't know	77	
How often do you eat processed food high in salt? By	Always	1	
processed food high in salt, I mean foods that have been altered	Often	2	
from their natural state, such as packaged salty snacks, canned	Sometimes	3	
salty food including pickles and preserves, salty food prepared at a fast food restaurant, cheese, bacon and processed meat [add country specific examples].	Rarely	4	D7
	Never	5	
[INSERT EXAMPLES]	Don't know	77	
(USE SHOWCARD)	DOTT KNOW	11	
How much salt or salty sauce do you think you consume?	Far too much	1	
	Too much	2	
	Just the right amount	3	D8
	Too little	4	D0
	Far too little	5	
	Don't know	77	

Participant Identification Number

EXPANDED: Diet				
Question	Response		Code	
	Very important	1	D9	
How important to you is lowering the salt in your diet?	Somewhat important	2		
	Not at all important	3		
	Don't know	77		
	Yes	1	D10	
Do you think that too much salt or salty sauce in your diet could cause a health problem ?	No	2		
cause a nearm problem?	Don't know	77		
Do you do any of the following on a regular basis to control your (RECORD FOR EACH)	salt intake?			
	Yes	1	D44	
Limit consumption of processed foods	No	2	D11a	
	Yes	1	DAAL	
Look at the salt or sodium content on food labels	No	2	D11b	
	Yes	1	D44 -	
Buy low salt/sodium alternatives	No	2	D11c	
	Yes	1	D114	
Use spices other than salt when cooking	No	2	D11d	
	Yes	1	D110	
Avoid eating foods prepared outside of a home	No	2	D11e	
Do other things enseifically to control your self intoles	Yes	1 If Yes, go to D11other	D11f	
Do other things specifically to control your salt intake	No	2	Dill	
Other (please specify)		J	D11othe	
The next questions ask about the oil or fat that is most ofte	n used for meal preparation i	in your household, and about meals that	at you eat	
outside a home.	Vegetable oil	1		
	Lard or suet	2		
What type of oil or fat is most often used for meal preparation in your household?	Butter or ghee	3	D12	
	Margarine	4		
	Other	5 If Other, go to D12 other		
(USE SHOWCARD)	None in particular	6		
(SELECT ONLY ONE)	None used	7		
	Don't know	77		
	DOLL F KHOW	11		
	Other		D12other	
On average, how many meals per week do you eat that were	Number			
not prepared at a home? By meal, I mean breakfast, lunch and	Number Don't know 77		D13	
dinner.	DOLL KILOW 11			