

**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 questions please think of a typical week in the last year.

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

Dietary salt
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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.

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

5-1-24