

National Institute of Public Health

National Health and Nutrition Survey 2005

Food Frequency Questionnaire for People Over 12 Years of Age

MM- \_\_\_\_\_\_-\_\_\_-M

Age in Years:

\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_

Date of application:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**In the last 7 days …**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | |  | **FREQUENCY OF CONSUMPTION** | | | | | | | | |  | |
|  | **ALL FOOD TYPES** | | | | **DAYS PER WEEK** | | | | | **TIMES PER DAY** | | | |
|  |  | | |  | **a) How many days per week did you eat … (name of the participant)?** | | | | | **b) How many times per day did you eat . . . ?** | | | |
|  | **FOOD** | | | **PORTION** | **Never** | **1** | **2-4** | **5-6** | **7** | **1** | **2- 3** | **4 -5** | **6** | **Serving Size ()** | **Number of Portions** |
|  |  | | |  | **(01)** | **(02)** | **(03)** | **(04)** | **(05)** | **(06)** | **(07)** | **(08)** | **(09)** |  |  |
| **1. DAIRY PRODUCTS** | | | | | | | | | | | | | | | |
| 1.1 | | Milk (Liconsa brand) | | 1 glass (240 ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 1.2 | | Another Milk (specify brand) | | |  |  |  |  |  |  |  |  |  |  |  |
|  | | a\_\_\_\_\_\_\_\_\_\_\_\_\_ | | 1 glass (240 ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
|  | | b\_\_\_\_\_\_\_\_\_\_\_\_\_ | | 1 glass (240 ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
|  | | c \_\_\_\_\_\_\_\_\_\_\_\_\_ | | 1 glass (240 ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 1.3 | | Flavored milk (chocolate or other flavor) | | 1 glass (240 ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 1.4 | | Added to milk | |  |  |  |  |  |  |  |  |  |  |  | |\_\_|.|\_\_| |
|  | | a) Sugar | | 1 heaping teaspoon (10g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
|  | | b) Chocolate or other flavoring | | 1 heaping teaspoon (10g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 1.5 | | Cheese | | 1 slice (30 g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 1.6 | | Yogurt | | 1 typical cup of yogurt (150g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 1.7 | | Danonino or a similar brand | | 1 container (45g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 1.8 | | Yakult or a similar brand | | 1 container (80ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| **2. FRUIT** | | | | | | | | | | | | | | | |
| 2.1 | | | Banana | 1 medium (176g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.2 | | | Fried banana | ½ medium (113g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.3 | | | Jicama | ½ medium (163g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.4 | | | Orange or mandarin | 1 medium (145g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.5 | | | Apple or pear | ½ large (100g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.6 | | | Watermelon or cantaloupe | 1 medium slice or 3/4 cup (100g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 2.7 | | | Guava | 1 medium (75g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.8 | | | Mango | 1 medium (185g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.9 | | | Papaya | 1 medium slice (100g) ó ½ cup | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.10 | | | Pineapple | ½ medium slice (75g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 2.11 | | | Grapefruit | 1 piece | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.12 | | | Strawberry | 1 cup (140 g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 2.13 | | | Other fruit | 1 medium | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| **3.VEGETABLES** | | | | | | | | | | | | | | | |
| 3.1 | | | Vegetable pancakes | 1 pancake (72g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 3.2 | | | Tomato | ½ small (30g) on salad | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |

**() Serving Size:**

**MILK, MEAT, BEVERAGES: Very small (MC); Small (C); Medium (M); Large (G); Very large (MG); Standard (E).**

**FRUITS , VEGETABLES: Small (C); Medium (M); Large (G); Standard (E).**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  | **FREQUENCY OF CONSUMPTION** | | | | | | | | | | |  | | |
|  | **ALL FOOD TYPES** | | | **ALL FOOD TYPES** | | | | | **TIMES PER DAY** | | | | | |
|  |  | |  | **a) How many days per week did you eat … (name of the participant)** | | | | | **b) How many times per day did you eat . . . ?** | | | | | |
|  | **FOOD** | | **PORTION** | **Never** | **1** | **2-4** | **5-6** | **7** | **1** | **2- 3** | | **4 -5** | | **6** | **Serving Size ()** | | **Number of Portions** |
|  |  | |  | **(01)** | **(02)** | **(03)** | **(04)** | **(05)** | **(06)** | **(07)** | | **(08)** | | **(09)** |  | |  |
| 3.3 | | Greens (chard, spinach, other greens) | ½ plate (85g) cooked or 1 plate raw | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 3.4 | | Squash | ¼ small (50g) or  1/3 cup | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.5 | | Carrot | 1 small (50g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.6 | | Zucchini | 1 small (50g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.7 | | Broccoli or cauliflower | ¼ cup (35g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 3.8 | | Cabbage | ¼ cup (35 g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 3.9 | | Green beans | ¼ cup ó 5 pieces (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 3.10 | | Corn | ½ small cob (50g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.11 | | Lettuce | ¼ cup or 1 leaf (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 3.12 | | Cactus leaf | 1 medium (70g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.13 | | Cucumber | ½ large (150 g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.14 | | Avocado | 1 slice (33 g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.15 | | Other vegetables | 1 piece or 1 cup | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| **4. HOMEMADE FAST FOOD** | | | | | | | | | | | | | | | | | |
| 4.1 | | Torta or sandwich | 1 medium (130g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 4.2 | | Hamburger | 1 medium (240g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 4.3 | | Pizza | 1 small slice (92g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 4.4 | | Hot dog | 1 medium (110g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| **5. MEAT, SAUSAGE AND EGGS** | | | | | | | | | | | | | | | | | |
| 5.1 | | Pork | 1 small steak (55g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 5.2 | | Beef | 1 small steak (55g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 5.3 | | Dried beef (crushed) | ½ plate | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 5.4 | | Sausage or chorizo | ½ piece (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 5.5 | | Pork sausage, turkey or combo, ham, pork or turkey or bologna (other than in a torta, sándwich, or hot dog) | 1 piece of sausage or 1 slice of ham (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 5.6 | | Chicken | a) 1 part (leg, thigh) or ½ small piece of breast (90g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
|  | |  | b) 1 wing or 2 feet (70g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
|  | |  | c) 1 piece of chicken liver or gizzard (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 5.7 | | Eggs | a) 1 whole cooked or boiled (62g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
|  | |  | b) 1 whole fried or scrambled (55g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |

**() Serving Size:**

**MILK, MEAT, BEVERAGES: Very small (MC); Small (C); Medium (M); Large (G); Very large (MG); Standard (E).**

**FRUITS , VEGETABLES: Small (C); Medium (M); Large (G); Standard (E).**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | | |  | | | **FREQUENCY OF CONSUMPTION** | | | | | | | | | | | | | | | | | | | | | | | |  | | |
|  | **ALL FOOD TYPES** | | | | | | | | **DAYS PER WEEK** | | | | | | | | | | | | | **TIMES PER DAY** | | | | | | | | | | |
|  |  | | | | |  | | | **a) How many days per week did you eat … (name of the participant)?** | | | | | | | | | | | | | **b) How many times per day did you eat . . . ?** | | | | | | | | | | |
|  | **FOOD** | | | | | **PORTION** | | | **Never** | | | **1** | | **2-4** | | | **5-6** | | | **7** | | **1** | | | **2- 3** | | | **4 -5** | | | **6** | | **Serving Size ()** | | **Number of Portions** |
|  |  | | | | |  | | | **(01)** | | **(02)** | | | **(03)** | | **(04)** | | | **(05)** | | | **(06)** | | **(07)** | | | **(08)** | | | **(09)** | | |  | |  |
| **6. FISH AND SEAFOOD** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6.1 | | Fresh fish | | | ½ médium filet  (45 g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | | |\_\_|\_\_| | | |\_\_|.|\_\_| | |
| 6.2 | | Dried fish | | | ½ plate | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 6.3 | | Tuna and sardines | | | ¼ tin or 40g | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 6.4 | | Other seafood (shrimp, scallops, etc.) | | | ½ plate (50g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| **7. LEGUMES** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7.1 | Beans | | | | a) ½ plate or ½ cup cooked (50g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  |  | | | | b) ½ plate or ½ cup refried (50g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 7.2 | Lentils, chickpeas, beans or yellow beans | | | | ½ plate or ½ cup (50g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| **8. CEREALS AND STARCHY VEGETABLES** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8.1 | Rice | | | 1 cup or 1 plate (100g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.2 | White bread | | | 2 slices or 1 roll (70g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.3 | Wheat bread | | | 2 slices or 1 roll (70g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.4 | Sweet bread (not including donuts and churros) | | | 1 piece (70g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.5 | Donuts and baked churros | | | 1 piece (70 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.6 | Pretzels | | | 4 pieces (20g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.7 | Potatoes | | | a) ½ médium, cooked (40g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  |  | | | b) ½ médium, fried or 1 potato pancake (40g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.8 | Breakfast Cereal | | |  | | |  | | |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | |  | |
|  | a) Basics (Corn Flakes, unflavored puffed rice) | | | 1 cup, dry (30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | b) Containing added sugar | | | 1 cup, dry (30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | c) Added Chocolate (corn flakes, puffed rice) | | | 1 cup, dry (30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | d) High in fiber (bran / oats) | | | 1 cup, dry (30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | e) Healthy (Special K / Fitness) | | | 1 cup, dry (30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | f) Multiple ingredients (grains, fruits, nuts) | | | 1 cup, dry (30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | g) Flavored (Fruit Loops, Lucky Charms) | | | 1 cup, dry (30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.9 | Nutrisano (fortified food supplement) from the OPORTUNIDADES program | | | 4 heaping tablespoons (44g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| **9. CORN PRODUCTS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9.1 | Soups, quesadillas, corn cakes, enchiladas, tacos or gorditas (not fried) | | 100 g | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 9.2 | Soups, quesadillas, corn cakes, enchiladas, tacos, flautas or gorditas (fried) | | 100 g | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 9.3 | Hominy | | 1 plate (100 g) | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 9.4 | Tamales (all types) | | 1 piece (200 g) | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |

**() Serving Size:**

**MILK, MEAT, BEVERAGES: Very small (MC); Small (C); Medium (M); Large (G); Very large (MG); Standard (E).**

**FRUITS , VEGETABLES: Small (C); Medium (M); Large (G); Standard (E).**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | | |  | | **FREQUENCY OF CONSUMPTION** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | |
|  | **ALL FOOD TYPES** | | | | | | **DAYS PER WEEK** | | | | | | | | | | | | | | | **TIMES PER DAY** | | | | | | | | | | | | | |
|  |  | | | |  | | **a) How many days per week did you eat …(name of the participant)?** | | | | | | | | | | | | | | | **b) How many times per day did you eat . . . ?** | | | | | | | | | | | | | |
|  | **FOODS** | | | | **PORTION** | | **Never** | | **1** | | | **2-4** | | | **5-6** | | | | **7** | | | | **1** | | **2- 3** | | | **4 -5** | | | | **6** | | | | **Serving Size ()** | | | **Number of Portions** | |
|  |  | | | |  | | **(01)** | | **(02)** | | | **(03)** | | | **(04)** | | | | **(05)** | | | | **(06)** | | **(07)** | | | **(08)** | | | | **(09)** | | | |  | | |  | |
| 9.5 | Corn grits | | | | 1 cup (240ml) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | 07 | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| | |
| **10. BEVERAGES** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.1 | | Regular Soda | 1 glass (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.2 | | Diet Soda | 1 glass (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.3 | | Coffee |  | | | |  | |  | | |  | | | |  | | | |  | | | |  | |  | | | |  | | | |  | | |  | | |  |
|  | | a) Coffee without sugar | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
|  | | b) Coffee with sugar | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.4 | | Tea or infusion |  | | | |  | |  | | |  | | | |  | | | |  | | | |  | |  | | | |  | | | |  | | |  | | |  |
|  | | a) Tea with sugar | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
|  | | b) Tea without sugar | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.5 | | Natural juices without sugar added | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.6 | | Fruit juice or sugar water | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.7 | | Drinks or flavored waters without sugar (including diet, Crystal Light, Be-light, etc) | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.8 | | Drinks or flavored wáter with sugar | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.9 | | Plain water | 1 cup (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| **11. SNACKS, SWEETS AND DESSERTS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.1 | | Chocolate | | 1 piece or heaping tablespoon (10g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.2 | | Candy | | 1 piece (30g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.3 | | Fried foods | | 1 individual package or small bag (35g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.4 | | Gelatin, flan, pudding | | 1 piece or slice (125g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.5 | | Cake or pie | | 1 medium slice  (125 g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.6 | | Peanuts, beans or seeds | | 1 fist (handful) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.7 | | Commercial pastries and donuts | | 1 piece (70g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.8 | | Cookies | | 2 cookies (32g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.9 | | Granola bars | | 1 bar (25g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| **12. SOUPS, CREAMS, AND PASTAS** | | | | | |  | | | |  | | |  | | | |  | | | |  | | | | | |  | | | |  | | | |  | | |  | | |
| 12.1 | | Chicken, beef, or vegetable broth (broth only) | | ½ cup (120 ml) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 12.2 | | Soup or broth with vegetables | | ½ plate (120 ml) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 12.3 | | Pasta soup | | a) ½ plate or ½ cup liquid soup (50g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
|  | |  | | b) ½ plate of dry soup (50g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 12.4 | | Vegetable soup | | ½ plate | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |

**() Serving Size:**

**MILK, MEAT, BEVERAGES: Very small (MC); Small (C); Medium (M); Large (G); Very large (MG); Standard (E).**

**FRUITS , VEGETABLES: Small (C); Medium (M); Large (G); Standard (E).**

**b) In the last 7 days, how many days did you (mother’s name) eat or drink the following foods in a stew or prepared dish?**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  | | **FREQUENCY OF CONSUMPTION** | | | | | | | | | | | | | | | | | | |  | |
|  | **ALL FOOD TYPES** | | | | **DAYS PER WEEK** | | | | | | | | | | **TIMES PER DAY** | | | | | | | | |
|  |  | |  | | **a) How many days per week did you eat … (name of the participant)?** | | | | | | | | | | **b) How many times per day did you eat . . . ?** | | | | | | | | |
|  | **FOODS** | | **PORTION** | | **Never** | | **1** | | **2-4** | | **5-6** | | **7** | | | **1** | | **2- 3** | | **4 -5** | | **6** | | **Serving Size ()** | **Number of Portions** |
|  |  | |  | | **(01)** | | **(02)** | | **(03)** | | **(04)** | | **(05)** | | | **(06)** | | **(07)** | | **(08)** | | **(09)** | |  |  |
| **13. MISCELLANEOUS** | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13.1 | | Lemon, e.g. in salads, soups, or meat | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.2 | | Onion, e.g. in sauce, tacos, casseroles (ground or whole) | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.3 | | Peppers / Chili, e.g. in sauces, tacos, casseroles (ground or whole) | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.4 | | Green tomatoes and tomato sauces, e.g. tacos or casseroles (ground or whole) | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.5 | | Sugar (added to drinks, milk, tea, coffee, fruit water) e.g. strawberries or bananas with cream | | 1 heaping teaspoon(10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.6 | | Margarine | | 1 heaping tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.7 | | Butter | | 1 heaping tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.8 | | Mayonnaise | | 1 heaping tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.9 | | Cream | | 1 heaping tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |

**In the last 7 days,**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **14. TORTILLAS** | | |  | |  | |  |  |  | |  | |  |  |  |
| 14.1 | Some tortillas are consumed in enchiladas or other appetizers, how often did you eat corn tortillas? |  | |  | |  | |  | |  | | **On each day that you ate tortillas, how many did you eat?** | | | |
|  | a) prepared corn tortillas (homemade) | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
|  | b) MASECA or MINSA flour tortillas (homemade) | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
|  | c) commercial or purchased tortillas | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
| 14.2 | How often do you eat wheat flour tortillas? | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
| 14.3 | **AVERAGE WEIGHT OF CORN TORTILLA** | : GRAMS | | | |  | |  | |  | | |\_\_\_|\_\_\_|\_\_\_|.|\_\_\_| | | | |
| 14.4 | **AVERAGE WEIGHT OF WHEAT TORTILLA** | : GRAMS | | | |  | |  | |  | | |\_\_\_|\_\_\_|\_\_\_|.|\_\_\_| | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **15. REPORTED CONSUMPTION ACCURACY** | |  |  |  |  |  |
|  | Do you think the consumption you mentioned was similar to what you normally eat? or was it more or less? (as your consumption may have varied due to sickness and could have eaten little or having a party and could have eaten more) |  | SAME……………………………………………..1  MORE..……………………………………………2  LESS. . ……………………………………………3 | |\_\_\_| | | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **16. CONSUMPTION OF SUPPLEMENTS** | | |  | |  | |  |  |  | |  | | |  | |  | |  |
|  | **In the past 7 days (name of child) ate…** | **Never** | | **1** | | **2-4** | | **5-6** | | **7** | | **1** | **2- 3** | | **4 -5** | | **6** | |
| **(01)** | | **(02)** | | **(03)** | | **(04)** | | **(05)** | | **(06)** | **(07)** | | **(08)** | | **(09)** | |
| 16.1 | Vitamins and/or minerals that have been given by the health center or program to which the child belongs (1 capsule, tablet, ampoule, or spoonful) | 01 | | 02 | | 03 | | 04 | | 05 | | 06 | 07 | | 08 | | 09 | |
| 16.2 | Vitamins or minerals that have been purchased or that were a gift from friends or family (1 capsule, tablet, ampoule, or spoonful) | 01 | | 02 | | 03 | | 04 | | 05 | | 06 | 07 | | 08 | | 09 | |
| 16.3 | A nutritional supplement (such as Pediasure, Complan) (1 tablespoon or a single-serving measure) | 01 | | 02 | | 03 | | 04 | | 05 | | 06 | 07 | | 08 | | 09 | |
| 16.4 | Any other type of supplement (natural herbs, etc. That does not include vitamins and minerals (1 capsule, tablet, ampoule, or spoonful) | 01 | | 02 | | 03 | | 04 | | 05 | | 06 | 07 | | 08 | | 09 | |

|  |
| --- |
| **OBSERVACIONES** |
| Name of vitamins, multivitamins and supplements. |
|  |
|  |
|  |

**Please think about the past 3 months**

17. In the past 3 months, have you eaten some type of fish or seafood?

YES\_\_\_\_ NO \_\_\_\_ (end of questionnaire)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **18. FISH CONSUMPTION** | | |  | |  |  |  | |  | |  | |  | | |  | |  |  |
|  | **In the last 3 months (name of parcipant) consumed …** | **Never** | **Less than 1 time per month** | **1 time per month** | | | **2-3 times per month** | **1 time per week** | | **2 times per week** | | **3-4 times per week** | | **5-6 times per week** | **1 time per day** | | **2 or more times per day** | | |
| **(0)** | **(01)** | **(02)** | | | **(03)** | **(04)** | | **(05)** | | **(06)** | | **(07)** | **(08)** | | **(09)** | | |
| 18.1 | Tuna (canned) | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.2 | Tuna - Fresh (en lonja) | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.3 | Sunfish | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.4 | School shark | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.5 | Red snapper | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.6 | Spanish mackerel | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.7 | Shark | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.8 | Sea bass | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.9 | Basa oriental (Catfish) | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.10 | Salmon | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.11 | Tilapia o blanco del nilo | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.12 | Grouper | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.13 | Flounder | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.14 | Bagre (Catfish) | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.15 | Carp | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.16 | Squid | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.17 | Shrimp | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.18 | Crab | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.19 | Octopus | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.20 | Sardines | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |
| 18.21 | Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- | 0 | 01 | 02 | | | 03 | 04 | | 05 | | 06 | | 07 | 08 | | 09 | | |

19. Do you consider the fish consumption reported as typical for the year?

YES\_\_\_\_\_ NO\_\_\_\_\_