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ID: CC- \_\_\_ \_\_\_ \_\_\_ \_\_\_ -M

Age in Years: \_\_\_\_\_\_\_\_

Today’s date: \_\_ \_\_ - \_\_ \_\_ - \_\_ \_\_ \_\_ \_\_

Day Mon. Year

Interviewer's Code: \_\_\_ \_\_\_

**NATIONAL INSTITUTE OF PUBLIC HEALTH**

**NATIONAL HEALTH AND NUTRITION SURVEY 2006**

**OVER 12 YEARS**

**In the past 7 days …**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | | |  | **FOOD FREQUENCY** | | | | | | | | |  | |
|  | **READ ALL THE FOOD LIST** | | | | **DAYS A WEEK** | | | | | **TIMES A DAY** | | | |
|  |  | | |  | **a) How many days did you eat (drink) …?** | | | | | **b) How many times a day did you eat (drink) …?** | | | |
|  | **FOOD** | | | **PORTION** | **Never** | **1** | **2-4** | **5-6** | **7** | **1** | **2- 3** | **4 -5** | **6** | **Portion** | **Number of** |
|  |  | | |  | **(01)** | **(02)** | **(03)** | **(04)** | **(05)** | **(06)** | **(07)** | **(08)** | **(09)** | **size (🟎)** | **portions** |
| **1. DAIRY** | | | | | | | | | | | | | | | |
| 1.1 | | Liconsa milk (skim, fortified) | | 1 glass (240 ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 1.2 | | Other (specify the 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 another flavor) | | 1 glass (240 ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 1.4 | | Added to milk: | |  |  |  |  |  |  |  |  |  |  |  | |\_\_|.|\_\_| |
|  | | a) Sugar | | 1 rounded teaspoon (10g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
|  | | b) Chocolate or another flavor | | 1 rounded 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 glass of (150ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 1.7 | | Danonino or similar | | 1 container (45g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 1.8 | | Yakult or similar | | 1 container (80ml) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| **2. FRUITS** | | | | | | | | | | | | | | | |
| 2.1 | | | Banana | 1 piece (176g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.2 | | | Fried bananas | ½ medium piece (113g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.3 | | | Jicama | ½ medium piece (163g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.4 | | | Orange or mandarine | 1 medium piece (145g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.5 | | | Apple or pear | 1 medium piece | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.6 | | | Cantaloupe or watermelon | 1 medium slice or ½ cup (100g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 2.7 | | | Guava | 1 medium piece (75g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| 2.8 | | | Mango | 1 medium piece (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 | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 2.11 | | | Grapefruits | 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 piece | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |
| **3.VEGETABLES** | | | | | | | | | | | | | | | |
| 3.1 | | | Vegetable fritters | 1 piece (72g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 |  | |\_\_|.|\_\_| |
| 3.2 | | | Tomato | ½ small piece (30g) in salad | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |\_\_|\_\_| | |\_\_|.|\_\_| |

**(🟎) PORTION SIZE:**

**MILK, MEAT, BEVERAGES: Very small/Muy chico (MC); Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Extra large/Muy Grande (MG); Standard/Estándar (E).**

**FRUITS, VEGETABLES, FAST FOOD: Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Standard/Estándar (E).**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | |  | **FOOD FREQUENCY** | | | | | | | | | | |  | | |
|  | **READ ALL THE FOOD LIST** | | | **DAYS A WEEK** | | | | | **TIMES A DAY** | | | | | |
|  |  | |  | **a) How many days did you eat (drink) …?** | | | | | **b) How many times a day did you eat (drink) …?** | | | | | |
|  | **FOOD** | | **PORTION** | **Never** | **1** | **2-4** | **5-6** | **7** | **1** | **2- 3** | | **4 -5** | | **6** | **Portion** | | **Number of** |
|  |  | |  | **(01)** | **(02)** | **(03)** | **(04)** | **(05)** | **(06)** | **(07)** | | **(08)** | | **(09)** | **size (🟎)** | | **portions** |
| 3.3 | | Greens (chard, spinach, other greens) | ½ cooked plate (85g) or 1 raw plate | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 3.4 | | Chayote squash | ¼ small piece (50g) or 1/3 cup | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.5 | | Carrot | 1 small piece (50g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.6 | | Zucchini | 1 small piece (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 or 5 pieces (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 3.10 | | Corn | ½ small pieces (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 leaves (Nopales) | 1 medium piece (70g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.13 | | Cucumber | ½ large piece (150 g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.14 | | Avocado | 1 slice or 1 small piece (criollo type) (33 g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 3.15 | | Other vegetable | 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 piece | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 4.2 | | Hamburger | 1 medium piece | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 4.3 | | Pizza | 1 slice | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 4.4 | | Hot dog | 1 medium piece | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| **5. MEAT, PROCESSED MEAT AND EGGS** | | | | | | | | | | | | | | | | | | |
| 5.1 | | Pork meat | 1 medium steak (90g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 5.2 | | Beef | 1 steak (90g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 5.3 | | Dried beef or rehydrated (machaca) | ½ plate | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 5.4 | | Sausage (longaniza) or chorizo | ½ piece (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 5.5 | | Pork, turkey or combo sausage; pork or turkey ham; or mortadella (bologna) (not in torta, sandwich or hot dog) | 1 sausage or 1 slice of ham (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
| 5.6 | | Chicken | a) 1 piece (leg, thigh) or ½ piece of a small chicken breast (90g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
|  | |  | b) 1 wing, 2 feet (70g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
|  | |  | c) 1 chicken liver or gizzard (30g) | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | | |\_\_|\_\_| | |\_\_|.|\_\_| | |
| 5.7 | | Egg | a) 1 hard or soft boiled egg | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |
|  | |  | b) 1 piece over easy, sunny side up or scrambled | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | | 09 | |  | |\_\_|.|\_\_| | |

**(🟎) PORTION SIZE:**

**MILK, MEAT, BEVERAGES: Very small/Muy chico (MC); Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Extra large/Muy Grande (MG); Standard/Estándar (E).**

**FRUITS, VEGETABLES, FAST FOOD: Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Standard/Estándar (E).**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | | | | |  | | | **FOOD FREQUENCY** | | | | | | | | | | | | | | | | | | | | | | | |  | | |
|  | **READ ALL THE FOOD LIST** | | | | | | | | **DAYS A WEEK** | | | | | | | | | | | | | **TIMES A DAY** | | | | | | | | | | |
|  |  | | | | |  | | | **a) How many days did you eat (drink) …?** | | | | | | | | | | | | | **b) ¿How many times a day did you eat (drink) …?** | | | | | | | | | | |
|  | **FOOD** | | | | | **PORTION** | | | **Never** | | | **1** | | **2-4** | | | **5-6** | | | **7** | | **1** | | | **2- 3** | | | **4 -5** | | | **6** | | **Portion** | | **Number of** |
|  |  | | | | |  | | | **(01)** | | **(02)** | | | **(03)** | | **(04)** | | | **(05)** | | | **(06)** | | **(07)** | | | **(08)** | | | **(09)** | | | **size (🟎)** | | **portions** |
| **6. FISH AND SEAFOOD** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6.1 | | Fresh fish | | | 1 fillet or small mayan cichlid (mojarra) fish | | | 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 sardine | | | ¼ can or 40g | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 6.4 | | Other (shrimp, oysters) | | | 1 plate (100g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| **7. LEGUMES** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7.1 | Beans | | | | a) 1 plate or 1 cup (100g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  |  | | | | b) 1 plate or 1 cup of fried beans(100g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 7.2 | Lentils, chickpeas, yellow bread beans or haricot | | | | 1 plate or 1 cup (50g) | | | 01 | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| **8. CEREALS AND TUBERS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 bolillo (70g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.3 | Whole grain bread | | | 2 slices or 1 bolillo (70g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.4 | Sweet bread (except donuts and churros) | | | 1 piece (70g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.5 | Baked donuts and churros | | | 1 piece (70 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.6 | Crackers | | | 4 piece (20g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.7 | Potatoes | | | a) ½ medium cooked piece (40g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  |  | | | b) ½ medium fried piece or potato pattied (40g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.8 | Cereals | | |  | | |  | | |  | | |  | |  | | |  | | |  | |  | | |  | | |  | | |  | |  | |
|  | a) Basics (Corn Flakes, puffed rice with no flavor) | | | 1 cup (dry 30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | b) Cereal with added sugar | | | 1 cup (dry 30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | c) Cereal with added chocolate (corn flakes, puffed rice) | | | 1 cup (dry 30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | d) Cereals high in fiber (Bran/oats) | | | 1 cup (dry 30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | e) Light (Special K/Fitness) | | | 1 cup (dry 30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | f) Cereal with multiple ingredients (grains, fruits) | | | 1 cup (dry 30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
|  | g) Flavored cereal (Fruit Loops, Lucky Charms) | | | 1 cup (dry 30 g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 8.9 | Pap (Nutrisano) from OPORTUNIDADES program | | | 4 rounded tablespoons (44g) | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| **9. CORN PRODUCTS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9.1 | Traditional non-fried corn-based dishes (Sopes, quesadillas, tlacoyos, enchiladas, tacos, flautas or gorditas) | | 100 g | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 9.2 | Traditional fried corn-based dishes (Sopes, quesadillas, tlacoyos, enchiladas, tacos, flautas or gorditas) | | 100 g | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 9.3 | Hominy soup (pozole) | | 1 plate (100 g) | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |
| 9.4 | Tamal (all types) | | 1 piece (200 g) | | | | 01 | | | 02 | | | 03 | | 04 | | | 05 | | | 06 | | 07 | | | 08 | | | 09 | | |  | | |\_\_|.|\_\_| | |

**(🟎) PORTION SIZE:**

**MILK, MEAT, BEVERAGES: Very small/Muy chico (MC); Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Extra large/Muy Grande (MG); Standard/Estándar (E).**

**FRUITS, VEGETABLES, FAST FOOD: Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Standard/Estándar (E).**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  | | | |  | | **FOOD FREQUENCY** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | | |
|  | **READ ALL THE FOOD LIST** | | | | | | **DAYS A WEEK** | | | | | | | | | | | | | | | **TIMES A DAY** | | | | | | | | | | | | | |
|  |  | | | |  | | **a) How many days did you eat (drink) …?** | | | | | | | | | | | | | | | **b) ¿How many times a day did you eat (drink) …?** | | | | | | | | | | | | | |
|  | **FOOD** | | | | **PORTION** | | **Never** | | **1** | | | **2-4** | | | **5-6** | | | | **7** | | | | **1** | | **2- 3** | | | **4 -5** | | | | **6** | | | | **Portion** | | | **Number of** | |
|  |  | | | |  | | **(01)** | | **(02)** | | | **(03)** | | | **(04)** | | | | **(05)** | | | | **(06)** | | **(07)** | | | **(08)** | | | | **(09)** | | | | **size (🟎)** | | | **portions** | |
| 9.5 | Corn gruel (atole) | | | | 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 | 1 glass (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.6 | | Juice or fruit flavored water with sugar | 1 glass (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.7 | | Beverages without sugar (including diet drinks like Clight, Be-light, etc.) | 1 glass (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.8 | | Beverages with sugar | 1 glass (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| 10.9 | | Simple Water | 1 glass (240 ml) | | | | 01 | | 02 | | | 03 | | | | 04 | | | | 05 | | | | 06 | | 07 | | | | 08 | | | | 09 | | | |\_\_|\_\_| | | | |\_\_|.|\_\_| |
| **11. SNACKS, CANDIES AND DESSERTS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.1 | | Chocolate | | 1 piece or a round 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 snacks like chips, "duros", pork skin, etc. | | 1 container or 1 small bag (35g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.4 | | Gelatin, flan | | 1 piece or a 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, broad beans or pumpkin seeds | | 1 fist | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.7 | | Pastries and donuts | | 1 piece (70g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.8 | | Cookies | | 2 pieces (32g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 11.9 | | Cereal bar | | 1 piece (25g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| **12. SOUPS AND PASTA** | | | | | |  | | | |  | | |  | | | |  | | | |  | | | | | |  | | | |  | | | |  | | |  | | |
| 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) 1 plate or 1 cup of soup with pasta (50g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
|  | |  | | b) 1 plate of dry pasta (50g) | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |
| 12.4 | | Creamy vegetable soup | | ½ plate | | 01 | | 02 | | | 03 | | | 04 | | | | 05 | | | | 06 | | | 07 | | | | 08 | | | | 09 | | | |  | | | |\_\_|.|\_\_| |

**(🟎) PORTION SIZE:**

**MILK, MEAT, BEVERAGES: Very small/Muy chico (MC); Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Extra large/Muy Grande (MG); Standard/Estándar (E).**

**FRUITS, VEGETABLES, FAST FOOD: Small/Chico (C); Medium/Mediano (M); Large/Grande (G); Standard/Estándar (E).**

**b) In the last 7 days, on how many days did you eat or drink (NAME) the following foods within a stew or a preparation?**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | |  | | **FOOD FREQUENCY** | | | | | | | | | | | | | | | | | | |  | |
|  | **READ ALL THE FOOD LIST** | | | | **DAYS A WEEK** | | | | | | | | | | **TIMES A DAY** | | | | | | | | |
|  |  | |  | | **a) How many days did you eat (drink) …?** | | | | | | | | | | **b) ¿How many times a day did you eat (drink) …?** | | | | | | | | |
|  | **FOOD** | | **PORTION** | | **Never** | | **1** | | **2-4** | | **5-6** | | **7** | | | **1** | | **2- 3** | | **4 -5** | | **6** | | **Portion** | **Number of** |
|  |  | |  | | **(01)** | | **(02)** | | **(03)** | | **(04)** | | **(05)** | | | **(06)** | | **(07)** | | **(08)** | | **(09)** | | **size (🟎)** | **portions** |
| **13. MISCELLANEOUS** | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13.1 | | Lemon, for example in salad or broth or with meat | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.2 | | Onion, for example, in sauces, tacos or stews (chopped or ground) | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.3 | | Chili pepper, for example in sauces, tacos or stews (chopped or ground) | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.4 | | Tomatillo and tomato, for example in sauces, tacos or stews (chopped or ground) | |  | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  |  |
| 13.5 | | Sugar (not including the added to drinks, milk, tea, coffee, water), for example with strawberries or bananas with cream | | 1 round teaspoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.6 | | Margarine | | 1 tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.7 | | Butter | | 1 tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.8 | | Mayonnaise | | 1 tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |
| 13.9 | | Sour cream | | 1 tablespoon (10g) | | 01 | | 02 | | 03 | | 04 | | 05 | | | 06 | | 07 | | 08 | | 09 |  | |\_\_|.|\_\_| |

**In the last 7 days,…**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **14. TORTILLAS** | | |  | |  | |  |  |  | |  | |  |  |  |
| 14.1 | Beside from tortillas consumed on enchiladas or other food, how often did you eat **corn tortilla**? |  | |  | |  | |  | |  | | **How many tortillas did you eat every day you eat?** | | | |
|  | a) of nixtamal (home-made) | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
|  | b) of MASECA o MINSA flavor (home-made) | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
|  | c) of dough (bought) or from tortilleria | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
| 14.2 | How often did you eat **wheat-flavor tortilla**? | 01 | | 02 | | 03 | | 04 | | 05 | | |\_\_\_|\_\_\_|.|\_\_\_|\_\_\_| | | | |
| 14.3 | **AVERAGE WEIGHT FROM CORN TORTILLA** | GRAMS: | | | |  | |  | |  | | |\_\_\_|\_\_\_|\_\_\_|.|\_\_\_| | | | |
| 14.4 | **AVERAGE WEIGHT FROM WHEAT TORTILLA** | GRAMS: | | | |  | |  | |  | | |\_\_\_|\_\_\_|\_\_\_|.|\_\_\_| | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **15. REPORTED CONSUMPTION** | |  |  |  |  |  |
|  | Do you think the consumption you reported was similar to what you normally eat? Or, was it more or less? (since your consumption could have been reduced due to illness or increased, for example, due to had being in a party and eat more) |  | EQUAL………….…………………………………….1  MORE…………………………………………………2  LESS……………………………..……………………3 | |\_\_\_| | | |