We are very grateful to you for your participation in this study. All information given by you will be held in strict confidence, and will be used for the purpose of this study only after removing any personal identifying information.

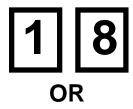
## Adult Semi-Quantitative Food Frequency Questionnaire

## **INSTRUCTIONS**

Please answer EACH question by marking an X in ONE BOX on each line: (unless otherwise instructed)



By writing number(s) in the spaces provided:



By specifying the answer on the line(s) provided

PURE Interna	ational	Food I	Food Frequency Questionnaire								
Centre # Communi		old # Subject						Subject Initials			
Today's date: 2 0											
During the past year, on average, how often have you consumed the following dairy foods? (please check the appropriate box)											
<u>Dairy Foods</u>	Avg Serving	Never, less than once/month	1-3/mo	1/wk	2-4/wk	5-6/wk	1/day	2-3/day	4-5/day	>6/day	
1. Whole milk	1 glass										
2. Skimmed milk	1 glass										
3. Lacto	1 glass										
4. Cascade	1 glass										
5. Cheese	30g										
6. Ice cream	1 cup										
7. Yogurt	1 cup										
8. Powdered milk for tea	1 tsp										
9. Margerine added to food or brea	ad <sup>1 pat</sup>										
<b>10.</b> Butter added to food or bread (excluduse in cooking)	de <sup>1pat</sup>										
During the past year, on average, how often have you consumed the following fruits? (please check the appropriate box)  Fruits											
11. Bananas	1 medium										
<b>12.</b> Paw Paw	1 medium										

Centre # Comm	unit dt Havacha		Subject Initials										
When in seaso	on, how often c	lo you eat t		wing f	ruits ov	er a pe	riod o	f one m	onth?				
(Please check	the appropriate	Never,											
<u>Fruits</u>	Avg Serving	once/month less than	1-3/mo	1/wk	2-4/wk	5-6/wk	1/day	2-3/day	4-5/day	>6/day			
13. Baobab	1 medium												
<b>14.</b> Guava	1 medium												
<b>15.</b> Mango	1 medium												
<b>16.</b> Naartjie	1 medium												
<b>17.</b> Apple	1 medium												
<b>18.</b> Avocado	1/2 fruit												
19. Orange	1 medium												
<b>20.</b> Lemon	1 fruit												
<b>21.</b> Grape	1/2 cup												
	on, how often o		he follo	wing f	ruits ov	er a pe	riod o	f one m	onth?				
22. Peaches	1 fresh												
23. Sugar Cane	1 piece												
24. Chakata	1/2 cup												
<b>25.</b> Mazhanje	1/2 cup												
<b>26.</b> Pineapple	1/2 cup												
27. Matohwe	1/2 cup												

PURE International Food Frequency Questionnaire

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PURE Intern	ational	Food	Freque	Page 3							
Centre # Commun	nity# Househo	old # Subjec	 t #					Subject Initials			
During the past year, on average, how often have you consumed the following vegetables? (please check the appropriate box)											
	Never, Avg Serving less than 1-3/mo 1/wk 2-4/wk 5-6/wk 1/day 2-3/day once/month								4-5/day	>6/day	
<u>Vegetables</u>											
28. Carrot (cooked)	1/2 cup										
29. Carrot (fresh)	1/2 cup										
<b>30.</b> Beans or lentils, baked or dried	1/2 cup										
31. Cucumber	1/2 cup										
<b>32.</b> Mushrooms, fresh, cooked or canned	1/2 cup										
33. Nyevhe	1/2 cup										
<b>34.</b> Muboora	1/2 cup										
<b>35.</b> Spinach (cooked)	1/2 cup										
<b>36.</b> Mowa	1/2 cup										
<b>37.</b> Pepper (cooked)	1/2 cup										
<b>38.</b> Taro	1/2 cup										
<b>39.</b> Mufushma (dried)	1/2 cup										
<b>40.</b> Mufushma (cooked)	1/2 cup										
When in seaso		-	the follo	owing	vegetal	oles ov	er a p	eriod of	one mo	onth?	
(Please check the	e appropriate	e box)									
<b>41.</b> Okra	1/2 cup										

PURE Interna	tional	Food	Freque	е	Page 4					
Centre # Community	# Househo	old # Subject	 t #					Subject Initials		
	vg Serving	Never, less than once/month	1-3/mo	1/wk	2-4/wk	5-6/wk	1/day	2-3/day	4-5/day	>6/day
<b>42.</b> Lima beans fresh,frozen or canned)	1/2 cup									
<b>43.</b> Cabbage (cooked)	1/2 cup									
<b>44.</b> Cabbage (fresh)	1/2 cup									
<b>45.</b> Celery	4 inch stick									
<b>46.</b> Mushamba	1/2 cup									
<b>47.</b> Gourd	1/2 cup									
48. Peas (cooked)	1/2 cup									
<b>49.</b> Pumpkin (cooked)	1/2 cup									
<b>50.</b> Turnip	1/2 cup									
<b>51.</b> Green vegetables	1/2 cup									
During the past ye meat, eggs, etc.?	ear, on ave (please che	rage, how o	often hav	ve you ox)	consu	med the	e follo	wing		
Meat, eggs etc.										
<b>52.</b> Eggs	1									
<b>53.</b> Chicken or turkey, with skin	90-120 g									
<b>54.</b> Birds	90-120 g									
<b>55.</b> Beef, pork, goat or lamb as a sandwich or mixed dish (eg. stew, casserd lasagna etc.)	90-120 g ble,									

PURE Interna	ational	Page 5									
								Subject Initials			
Centre # Communit	'y# Househol	d # Subject <b>Never</b> ,	†#								
Meat, eggs etc con't.	Avg Serving	less than once/month	1-3/mo	1/wk	2-4/wk	5-6/wk	1/day	2-3/day	4-5/day	>6/day	
<b>56.</b> Beef, pork, goat lamb as a main dish (eg. steak roast, ham etc.)	90-120 g										
57. Matemba	90-120 g										
<b>58.</b> Canned tuna fish	90-120 g										
<b>59.</b> Rabbit	90-120 g										
<b>60.</b> Mice	100 g										
<b>61.</b> Caterpillar	90-120 g										
62. Locust	90-120 g										
<b>63.</b> Termites	90-120 g										
<b>64.</b> Fish	90-120 g										
65. Snake	90-120 g										
During the past year, on average, how often have you consumed the following breads, cereals and starches? (please check the appropriate box)											
Breads, cereals,	<u>starches</u>										
<b>66.</b> Sadza from maize	1 plate										
<b>67.</b> Sadza from millet	1 plate										
<b>68.</b> Sadza from sorghum	1 plate										
<b>69.</b> Samp	40g										

PURE Interna	ational	Food I	Food Frequency Questionnaire								
Centre # Communi	ty# Househo	Id# Subject	#					Subject Initials			
Bread, cereals con't.	Avg Serving	less than once/month Never,	1-3/mo	1/wk	2-4/wk	5-6/wk	1/day	2-3/day	4-5/day	>6/day	
<b>70.</b> White bread	1 slice										
<b>71.</b> Dark bread	1 slice										
72. Mealie	1 plate										
<b>73.</b> Biscuits	1										
<b>74.</b> Porridge (maize, corn)	1 cup										
<b>75.</b> White rice (cooked)	1 cup										
<b>76.</b> Macaroni (cooked)	1 cup										
77. Samosa	1 piece										
<b>78</b> Nophi	1 piece										
During the past y	ear, on ave	rage, how o	ften ha	ve you	consu	med the	e follo	wing			
starchy roots and Starchy roots	<b>d tubers?</b> (p	lease check	the app	ropriat	e box)						
and tubers 79. Potatoes	1 cup										
73. I otatoes	· oup										
<b>80.</b> Sweet Potatoes	1 cup										
81. Cassava	1 cup										
During the past y beverages? (please Beverages	ear, on ave ase check the	rage, how o e appropriate	ften ha	ve you	consu	med the	e follo	wing			
<b>82.</b> Orange juice	1 cup										
83. Coffee	1 cup										

PURE Interna	E International Food Frequency Questionnaire										
Centre # Communic	ty# Househo	old # Subject	 ! #					Subject Initials			
Beverages con't	Avg Serving	less than once/month Never,	1-3/mo	1/wk	2-4/wk	5-6/wk	1/day	2-3/day	4-5/day	>6/day	
84. Tea not herbal	1 cup										
<b>85.</b> Maheu	1 cup										
86. Traditional beer	1 pint										
<b>87.</b> Gingerale, Fanta Freezit (regular)	1 bottle										
<b>88.</b> Gingerale, Fanta, Freezit (light)	1 bottle										
During the past year, on average, how often have you consumed the following sweet baked goods? (please check the appropriate box)  Sweet, Baked goods											
89. Candy	40 g										
90. Cake (home made)	1 slice										
91. Peanut butter	1 tbs.										
92. Seeds	1 tbs.										
93. Nuts Vitamins	1 tbs.										
94. Do you regularly	take vitamin	pills?		No	Yes						
95. Do you regularly	take mineral	pills?		No	Yes						
96. If yes for how many years and how often have you taken?											
	< 1 y mostly occ	ear <u>1</u> casionaly mos	I-3 year			l-6 year ly occ			6 years	asionaly	
<b>97.</b> . Vitamin A											
<b>98.</b> Vitamin D											

<b>PURE</b> Intern	ational	F	ood Fre	quency Qu	naire	Page 8					
Centre # Commun	ity# Hou	usehold #	Subject #	Su Ir	Subject Initials						
	<u>&lt;</u>	1 year	<u>1-3 y</u>	<u>ears</u>	<u>4-6</u>	<u>years</u>	> 6 y	<u>rears</u>			
	mostly	occasional	y mostly	occasionaly	mostly	occasionaly	mostly	occasionaly			
99. Vitamin E											
<b>100.</b> Vitamin B complex											
<b>101.</b> Vitamin C											
102. Calcium											
<b>103.</b> Iron											
<b>104.</b> Zinc											
<b>105.</b> Multiviamin /Mineral supplement											
106. What type of fat/oil do you use most often for cooking?											
Vegetable oil	Ca	anola /rape s	eed oil	Gr	nee	Lard					
107. Name of Interviewer:  (please print)  Last Name  First Initial  Interviewer Code:											