

## Appendix 1: Food groups in the Food Frequency Questionnaire

### (1) Cereals and lentils

- a. Whole cereals: wheat, millet, buckwheat, pearl millet, maize
- b. Washed cereals: roti (pan bread), sooji, beaten rice, white rice
- c. Whole Lentils: soyabean, whole pulse, sprout, chick peas, dry peas, dry beans,
- d. Washed lentils: washed pulse

### (2) Fats

- a. Oils: soybean oil, sunflower oil, mustard oil
- b. Milk fat: butter, ghee, tar (milk fat)
- c. Fatty foods: swaari, doughnut, pakauda, malpa, selroti

### (3) Fruits and vegetables,

- a. Fruits: papaya, watermelon, pomegranate, mango, banana, lemon, grapes, lychee, plum, persimmon, guava, apple, pear, peach, pine apple, pomelo, grapefruit, orange, cucumber, carrot
- b. Vegetables: pointed gourd, green leafy vegetables, pumpkin, cabbage, broccoli, cauliflower, lady's finger, chayote, bottle gourd, tomato, egg plant, bitter melon, green bean, mushroom, bamboo shoots, jackfruit, sponge guard, gundruk (dried greens),
- c. Vegetable roots: sweet potato, potato, yam, radish, turnips, potato, garlic, onion
- d. Nuts/seeds: dried fruits, pistachio, walnut, almonds, cashew, peanut

### (4) Meat and dairy,

- a. Poultry: egg, chicken with skin, chicken without skin, chicken momo,
- b. Buff: Buff slice, buff momo
- c. Pork: pork slice, pork momo
- d. Mutton: mutton slice, mutton momo
- e. Fish: non fried fish, fried fish
- f. Milk drinks: Milk, Milk tea, Milk coffee
- g. Milk products: cheese, paneer, yogurt

### (5) Western foods

- a. Deep fried: Potato chips, French fries
- b. Sausage: chicken sausage, buff sausage, pork sausage

- c. Burgers: Chicken burger, veg burger
- d. Pizza, pasta, spaghetti

(6) Packaged food

- a. Processed cereals: biscuit, cake, white bread, brown bread
- b. Noodles: noodles, chowmein,
- c. Salty snacks: pickles, dalmot/ bhujija, canned food

(7) High sugar food

- a. High sugar beverages: canned juice, fruit juice, Fanta, Sprite, Coke, Pepsi
- b. Mildly sweetened beverages: Black coffee, Black tea
- c. High sugar food: Ice cream, sweets, chocolate, sugar, jaggary, jam