

In the name of God**Annual food frequency questionnaire for antioxidants in elderly residents in Isfahan**

Tehran University of Medical Science

Department of Nutrition

Name: Last name: File number: Age: Date:

Row	Food	Measure	Day	Week	Month	Year	Description
1	Wheat bread (taftun and lavash)	One piece (10×10 cm)					
2	Whole wheat bread (sangak)	One piece (10×10 cm)					
3	Oat bread	One piece (10×10 cm)					
4	Wheat bread (sandwich and snack)	One medium piece (30 cm)					
5	Cooked rice	One normal spatula					
6	Grout (wheat and out)	One glass (raw)					
7	Boiled potatoes	One medium					
8	Fries	One medium					
9	Corn	One cup (cooked)					
10	Lentil and mash	One cup (raw)					
11	Beans	One cup (raw)					
12	Peas and cotyledon	One cup (raw)					
13	Broad bean	One cup (raw)					
14	Soya	One cup (raw)					
15	Bean sprouts	One cup (raw)					
16	Milk and yogurt	One glass					
17	Dough	One glass					
18	Cheese	One piece (30 g)					
19	Meats	One piece (30 g)					
20	Chicken	One piece (30 g)					
21	Fish	One piece (30 g)					
22	Lettuce	One glass (raw and scrappy)					
23	Raw tomatoes	One medium					
24	Cooked tomatoes	One medium					
25	Cucumber	One medium					
26	Mushrooms	One glass (scrappy)					
27	Fresh herbs	One saucer					
28	Cooked vegetables	One glass					
29	Stewed pumpkin and eggplant	One medium (cooked)					
30	Green beans and Green peas	One cup (cooked)					
31	Okra	One cup (cooked)					
32	Raw carrots	One medium					
33	Cooked carrots	One medium					
34	Garlic and onions	One cup (scrappy)					
35	Cabbage (red, white, kale, broccoli)	One small bowl (scrappy and raw)					
36	Raw pepper	One medium					
37	Cooked pepper	One medium					
38	Narrow green peppers	One medium					
39	Olive	One medium					
40	Cantaloupe	One glass (scrappy)					
41	Melon	One glass (scrappy)					
42	Watermelon	One glass (scrappy)					
43	Apricot	One medium					
44	Sour cherry	One glass					
45	Strawberries	One medium					
46	Pears	One medium					
47	Quince	One medium					
48	Apple varieties	One medium					
49	Peaches and nectarines	One medium					

Continued

Row	Food	Measure	Day	Week	Month	Year	Description
50	Prunus	One medium					
51	Fresh figs	One medium					
52	Dried figs	One medium					
53	Grapes (green and red)	One glass					
54	Kiwi	One medium					
55	Grape fruit and chino	One medium					
56	Orange	One medium					
57	Tangerine	One medium					
58	Lemon and sour orange	One medium					
59	Persimmon	One medium					
60	Pomegranate	One medium					
61	Date	One medium					
62	Yellow and red plums	One medium					
63	Plum brandy	One medium					
64	Banana	One medium					
65	Pineapple	One glass					
66	Mango	One medium					
67	Fresh berries	One glass					
68	Barberry	A Quarter of glass					
69	Seabuckthorn and jujube	One glass					
70	Natural orange juice	One glass					
71	Natural apple juice	One glass					
72	Raisins and currant	One tablespoon					
73	Dried peaches and apricots	One medium					
74	Fruit compote	One medium can					
75	Juice package	One medium					
76	Oil	One tablespoon					Type:
77	Olive oil	One tablespoon					
78	Peanuts	One medium					
79	Almonds	One medium					
80	Walnuts	One medium					
81	Pistachios	10 medium pieces					
82	Hazelnut	10 medium pieces					
83	Pumpkin seeds	One tablespoon					
84	Sunflower seeds	One tablespoon					
85	Sesame and its pudding	One tablespoon					
86	Hindi almond	One medium					
87	Chocolate	One medium					Type (sweet or sour)
88	Tea	One glass					
89	Coffee	One cup					