

Online Supplemental Material

Validity of a Food Frequency Questionnaire to Measure Nutrient and Food Intake in Tanzania

Page ***Content***

2	Composition of food groups from food frequency questionnaire (FFQ) food items in the Dar es Salaam Urban Cohort Hypertension Study (DUCS-HTN), 2014
3	Portion size images used by interviewers to conduct 24-hour diet recalls and FFQs
8	Dar es Salaam Urban Cohort Hypertension Study (DUCS-HTN) food frequency questionnaire

Supplemental Table 1. Composition of food groups from food frequency questionnaire (FFQ) food items in the Dar es Salaam Urban Cohort Hypertension Study (DUCS-HTN), 2014

Foods or food groups	Food items from the Food Frequency Questionnaire (FFQ)
Cereals	Oat porridge or oatmeal, wheat porridge, millet meal porridge, corn porridge, rice porridge, millet porridge or stiff porridge (ugali), porridge with grain from factory, grain from factory, maize on cob, maize meal cooked as in stiff porridge (ugali), corn/sugar derived from corn juice, maize cooked with beans (kande), maize cooked with beans (kande) and rice, pilau rice, plain boiled rice, pasta, bread, scones, chapatti, pancakes, donut, rice cakes
Root vegetables	Cassava porridge, potato boiled or baked, cassava boiled, cassava stiff porridge (ugali), cassava in a mixed dish, sweet potato alone, sweet potato in a mixed dish, yam boiled alone, yam fried, yam in a mixed dish, pounded yam or other root vegetable
Legumes & nuts	Beans/legumes alone, beans in mixed dish, bean soup, bean cakes, bambara nuts, groundnuts alone, groundnuts with food, cashew nuts
Unprocessed red meat	Beef not minced, beef minced, goat, pork, lamb, offal, liver, meat samosa
Chicken	Chicken
Eggs	Eggs
Fish	Dried fish, anchovies (dagaa), canned tuna in salt water, canned tuna in oil, canned fish in salt water, canned fish in tomato broth, fish curry, fresh fish
Dairy	Powdered whole fat cows milk, powdered fat free cows milk, cow's milk full fat, cow's milk low fat, cow's milk fat-free, non-dairy creamer, plain yogurt, artificially sweetened yogurt, ice cream, cheese soft but not in liquid, cheese in liquid, other types of cheese, ghee, butter
Fruit	Ripe banana, mango, tamarind, plum, papaya, tangerine, lemon or lime, jackfruit, baobab, watermelon, guava, peaches, pineapple, passion fruit, orange, apple, grapes, apricot, pears, sweet melon, blood fruit (matunda damu), berries, fruit canned in syrup, raisins and other dried fruit, avocado
Vegetables	Cucumber, spinach, lettuce, cabbage, amaranth leaves, pumpkin leaves, cow pea leaves, cassava leaves, chinese cabbage, other cabbage, other green leafy vegetables, pumpkin, okra alone, okra in mixed dish, green peas alone, green peas in mixed dish, tomato fresh not in salad, tomato fresh in salad, tomato cooked, carrot fresh not in salad, green pepper fresh not in salad, green pepper fresh as in salad, vegetable samosa, zucchini, green beans, beet, broccoli, cauliflower, eggplant alone, eggplant in mixed dish, mushrooms, onions
Sugar-sweetened beverages	Soda, squash or syrup
Alcohol	Fermented mealie pap drink, beer commercially prepared, beer locally brewer or homemade, wine commercially prepared, wine homemade or locally brewed, distilled alcoholic beverages commercially prepared, distilled alcoholic beverages
Tea	Tea with milk, tea without milk

Portion size images used by interviewers to conduct 24-hour diet recalls and FFQs

UGALI/WALI (set 1)

Sahani



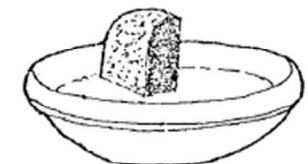
imejaa



robo tatu(3/4)



nusu(1/2)



robo(1/4)

Kisahani



kimejaa



robo tatu(3/4)



nusu(1/2)



robo(1/4)

MAHAR. GE [set 2]

Bakuli



imejaa

robo tatu($\frac{3}{4}$)nusu($\frac{1}{2}$)robo($\frac{1}{4}$)

Kisahani



kimejaa

robo tatu($\frac{3}{4}$)nusu($\frac{1}{2}$)robo($\frac{1}{4}$)

MCHICHA [Set 3]

Kisahani



kimejaa



robo tatu ($\frac{3}{4}$)



nusu ($\frac{1}{2}$)



robo ($\frac{1}{4}$)

Bakuli



imejaa



robo tatu ($\frac{3}{4}$)



nusu ($\frac{1}{2}$)



robo ($\frac{1}{4}$)

NYAMA/KUKU [set 4]

Kipande cha nyama:



kubwa



kubwa kiasi



kidogo

Paja la kuku:



kubwa



kubwa kiasi



dogo

MAZIWA. [Set 5]

Bilauri (glass)



imejaa



robo tatu ($\frac{3}{4}$)



nusu ($\frac{1}{2}$)



robo ($\frac{1}{4}$)

Kikombe (cup)



kimejaa



robo tatu ($\frac{3}{4}$)



nusu ($\frac{1}{2}$)



robo ($\frac{1}{4}$)

FFQ190: Do you think that a high salt intake can cause serious health problems?

- Yes
- No
- Refused
- Don't know

FFQ191: If yes, can you mention one or two health problems that are related to high salt intake (if the participant doesn't know, write "don't know"):

FFQ192: Is it important for you to limit salt in your diet?

- Not really
- Somewhat important
- Really important
- Refused
- Don't know

FFQ193: Do you do anything to limit your salt intake, e.g. avoid salty products or avoid adding salt in your food?

- Yes, often
- Yes, sometimes
- Not really
- Refused
- Don't know

FFQ194: If yes, what do you do to control your salt intake?

Cooking Oil

FFQ195: What is the main cooking oil used at home for frying?

(Choose one)

- Butter
- Margarine
- Ghee
- Olive oil
- Sunflower oil (SA: "fish oil")
- Groundnut oil
- Corn oil
- Soy oil
- Other vegetable oil (Korie)
- Other (specify) -----
- Do not use oil