

Dietary assessment

Dietary pattern was assessed using qualitative food frequency questionnaire (FFQ) composed of 38 food items covering the main foods consumed in the study area (Aragie and Genanu, 2017, Selinus, 1971). Furthermore, the lists of food items were developed based on an extensive interview of the key informants who know the culture and the types of foods consumed in the study area. Participants were asked to report the frequency of consumption of each food per day, per week or per month using the past one year as a reference (Rodríguez et al., 2002). The consumption of each food item per day was not taken as a cut-off point to define consumers because of the large variation of dietary habit in the community over the days of the week. Rather, adults were coded as a “consumer” of a food item if they had consumed the food item at least once per week. As there is no Ethiopian classification of food groups, the 38 food items were grouped into six groups [cereals, vegetables and fruits, dairy products, protein foods, oils, others] according to the) FAO food groups (Assessment, 2018).

Means (\pm SD) intake of food groups per week in any given week during the last one year before the survey by famine exposure status, North Wollo Zone, Raya Kobo district, Northeast Ethiopia, 2019.

Food groups	Early life exposed [§]	Prenatal exposed	postnatal exposed	Non-exposed
Cereals	1.00 \pm 0.09	1.00 \pm 0.03	1.00 \pm 0.00	1.00 \pm 0.9
Vegetables and fruits	0.19 \pm 0.40	0.17 \pm 0.05	0.39 \pm 0.70	0.48 \pm 0.65
Protein source food (both plant and animal)	0.18 \pm 0.01	0.19 \pm 0.60	0.20 \pm 0.08	0.36 \pm 0.60
Oils	0.80 \pm 0.50	0.89 \pm 0.60	0.50 \pm 0.03	1.00 \pm 0.15
Others*	0.92 \pm 0.52	1.00 \pm 4.9	0.70 \pm 0.30	1.00 \pm 0.89

[§] Prenatal and postnatal exposed

T-test was done to assess the differences between famine exposed and non-exposed groups by intake of the different food groups. The food items were grouped according to Food and Agricultural organization (FAO). Means (\pm SD) indicates the frequency of consumption of the different food groups per week between food famine exposed and non-exposed groups

* spices, condiments, beverages

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