

Food Frequency

In the last 24 hours did you eat:

Food Groups	Food Item	No. of Times consumed
Breads and cereals		
Roots and tubers (potatoes)		
Pulses (beans, lentils)		
Meat, fish, eggs		
Dairy (yogurt/Milk)		
Vegetables (okra, carrots, tomatoes, eggplant)		
Fruit		
Oils and fats		
Sweets		
Drinks (juice, tea, sodas)		