

APPENDIX VI

FOOD FREQUENCY

 Confidential
Research
Purpose
only

Food items	Daily	2-3 times a week	Once a week	Fort-nightly	Monthly	Rarely	Never
Cereals							
Bajra							
Barley							
Jowar							
Rice							
Rice, flakes							
Rice, puffed							
Wheat flour, whole							
Wheat flour, refined							
Wheat. Semolina							
Wheat, bread (brown)							
Wheat, bread (white)							
Maize, dry							
Oats							
Pulses							
Bengal gram, whole							
Bengal gram, dhal							
Cow pea							
Green gram							
Lentil							
Moth beans							
Green peas							
Rajmah							
Red gram, dhal							
Soybean							
Valpapdi							
Green leafy vegetables							
Amaranth							
Cabbage							
Celery leaves							
Colocasia leaves							
Coriander leaves							
Fenugreek leaves							
Mint							
Radish leaves							
Spinach							

Food items	Daily	2-3 times a week	Once a week	Fort-nightly	Monthly	Rarely	Never
Roots and tubers							
Beet root							
Carrot							
Colocasia							
Onion							
Potato							
Sweet potato							
Radish							
Turnip							
Yam							
Tomato							
Bitter gourd							
Bottle gourd							
Brinjal							
Cauliflower							
Cucumber							
Drumstick							
Giant chillies							
Ladies finger							
Leeks							
Parwar							
Fruits							
Amla							
Apple							
Banana							
Dates, dried							
Dates, fresh							
Figs							
Grapes							
Guava							
Lemon							
Lime, sweet musambi							
Mango							
Water melon							
Orange							
Papaya							
pineapple							

Food items	Daily	2-3 times a week	Once a week	Fort-nightly	Monthly	Rarely	Never
Pomegranate							
Raisins							
Sapota							
Seetphal							
Nuts & oil seeds							
Almond							
Areca nut							
Cashew nut							
Coconut							
Gardencress seeds							
Gingelly seeds							
Groundnut							
Walnut							
Fats & oils							
Butter							
Ghee							
Hydrogenated oil							
Groundnut oil							
Gingelly oil							
Mustard oil							
Cottonseed oil							
Mustard oil							
Coconut oil							
Milk & milk products							
Milk, buffalo							
Milk, cow							
Curd							
Masti dahi							
Buttermilk							
Cheese							
Paneer							
Khoa							
Skimmed milk powder							
Shrikhand							
Yogurt							
Sugars							
Sugarcane							
Honey							
Jaggery							
Sago							
Snakes							
Puri							

Appendices

Food items	Daily	2-3 times a week	Once a week	Fort-nightly	Monthly	Rarely	Never
Pakoda							
Samosa							
Bhajiya							
Cutlet							
Burger							
Hotdog							
Dabeli							
Sandwich							
Pickles							
Papad							
Soups							
Puff							
Pizzas							
Biscuits							
Soft drinks							
Khakhra							
Chutney							
Fruits juices							
Macroni							
Cheela							
Sweets							
Jam							
Jelly							
Ice creams							
Pudding							
Cake							
Peda							
Lapsi							
Kansar							
Mattha							
Basundi							
Kheer							
Fruit salad							
Gulabjamun							
Halwa							
Methi laddoo							