

## APPENDIX VII

Confidential  
Research  
Purpose onlyFOOD FREQUENCY OF PROBIOTIC, PREBIOTIC DIETARY FIBER RICH  
FOODS

FOOD ITEMS	DAILY	2-3 TIMES WEEK	ONCE A WEEK	FORT- NIGHTLY	MONTHLY	RARELY	NEVER
CURD							
BUTTERMILK							
SHRIKHAND							
YOGURT							
CHEESE							
ONION							
GARLIC							
WHEAT							
SPRINGONION							
BANNA							
BROKEN WHEAT							
BARLEY							
OATS							
MAIZE							
JOWAR							
BAJRA							
RAAGI							
CORNFLAKES							
MOTH BEANS							
HORSE GRAM							
BLACKGRAM							
BENGAL GRAM							
GREEN GRAM							
POTATO							
COLACASSIA							
YAM							
FENUGREEK							