

### APPENDIX –III

#### \* Proforma for Food Frequency

Name: \_\_\_\_\_ Class: \_\_\_\_\_ School: \_\_\_\_\_

Food item	Daily	Alternate days	Twice a week	Once a week	Twice a month	Once a month	Rarely	Never
Chapati								
Phulka								
Bhakri/ paratha								
Puri								
Bread								
Rice								
Pulav								
Khichdi								
Dals								
Whole legumes								
Milk								
Curd/buttermilk								
Cheese								
Eggs								
Chicken/chicken products								
Meat/products								
Fish /products								
Green leafy vegetables								
Cauliflower, beans ladyfinger, brinjal, cabbage, peas, tomato, cucumber								
Beetroot, onion, potato, radish, sw. potato, yam								
Yellow & orange veg. pumpkin and carrot								
Fruits								
Apple, banana, cheeku, custard apple, guava								
Yellow-orange fruits								
Amla								
Butter								
Ghee								
Instant noodles								
Instant soups								
Cream biscuits								
Plain biscuits								
Salted biscuits								
Cakes								

Food item	Daily	Alternate days	Twice a week	Once a week	Twice a month	Once a month	Rarely	Never
Pastries								
Pavbhaji								
Burger								
Pizza								
Milk shakes								
Tinned fruit juices								
Fresh fruit juice								
Aerated soft drinks								
Non aerated soft drinks								
Chocolates								
Candies/ sweets								
Mithai								
Ice creams								
Jams/murabba								
Pickles/sauces/ketchup								
Papad								
Fried snacks(wafer/ samosa/ kachori etc. )								