

The Department of Foods And Nutrition
The Maharaja Sayajirao University of Baroda, Vadodara

Annexure 6

Food Frequency Questionnaire

Name: _____ Class: _____ School No. _____ Int No. _____

Food Item	Frequency of Consumption	Amount Consumed
	Frequency Code	Quantity Code
Bajra <i>Bajari</i>		
Maize <i>Makai</i>		
Rice <i>Chawal, Chokha</i>		
Wheat (whole) <i>Ghau</i>		
Wheat flour <i>Ghau nu Lot</i>		
Wheat, Semolina <i>Rava</i>		
Bread		
Bengal gram <i>Channa</i>		
Black gram, dhal <i>Udad</i>		
Green gram <i>Mag, Mung</i>		
Red gram, dhal <i>Tuver dhal</i>		
Sprouts <i>Fangawela mung</i>		
Amaranth (tender) <i>Chauliasag</i>		
Bathua leaves <i>Chilni bhaji</i>		
Colocasia leaves <i>Arvi sag</i>		
Drumstick leaves <i>Sargavo sag</i>		
Fenugreek leaves <i>Methi</i>		
Mint <i>Phudina</i>		
Shepu <i>Suva bhaji</i>		
Spinach <i>Palak</i>		
Onion Stalks <i>Hari Pyaz</i>		
WaterMelon <i>Tarbuz</i>		
Muskmelon <i>Kharbooja</i>		
Amla		
Pineapple <i>Ananas</i>		
Oranges <i>Santra</i>		
Guava <i>Jamphal</i>		
Lime <i>Nibu</i>		
Custard apple <i>Seetaphal</i>		
Pomegranate <i>Anar, Dalamb</i>		
Zizhumpus <i>Ber</i>		

Code Frequency of Consumption

- 1 Daily
- 2 3 to 5 d/wk
- 3 1 to 2 d/wk
- 4 Occasionally
- 5 Rarely or never

Code Quantity of Food Consumed

- 1 <1/4th cup
- 2 1/4th to 1/2 cup
- 3 1/2 to 1 cup
- 4 1 cup
- 5 > 1cup