Appendix-v

	FOOD FREQUENCY								
Food Groups	Daily	3-4 times wk	2ce wk	1ce Wk	Once 15 days	Mon-thly	Seaso -naly	Occasio-nally	Never
Cereals									
Rice flakes (pohe)									
Bajra (bajri)									
Rice puffed (murrmura)									
Wheat flour (ato)									
Pulses									
Soyabean									
Bengal gram, roasted (phutana)									
Moth beans (mut)									
Cow pea (chorap)									
Lentil (masur)									
Peas, dry (vatana)									
Peas, roasted									
Bengal gram dhal (chaneki dhal)									
Rajmah (phanasi)									
GLVs									
Shepu (suvanibhaji)									
Mustard leaves (sarsokasaag)									
Colocasia leaves (arvikasaag)									
Amaranth leaves (chaulikasaag)									
Other									
Onion stalks (dunglinadakkadi)									
Plantain, green (kela)									
Kankoda									
Dates (khajoor)									
Niger seeds (kalatil)									
Water melon (tarbooj)									
Sitaphal									
Fruits									
Amla									
Guava (jam phal)									
Sweet lime (musambi)									
Pineaaple (ananas)									
Lemon (limbu)									
Orange (santra)									
Tomato ripe									
Non veg.									
Egg (murgi nu indu)									
Chicken (murga)									
Mutton (ghetanugos)									