



Appendices

24 – hour dietary recall:

| Time | Food Item | Cooked Amount | Raw Ingredients | Amount (g) | Subject's Intake |
|-------------|------------------|----------------------|------------------------|-------------------|-------------------------|
| | | | | | |

APPENDIX II

General information

Code no:

1. Name:
2. Date of Birth:
3. Age (y):
4. Sex: a) Male b) Female
5. Address:
6. Contact No:
7. Age at diagnosis of diabetes: _____ (y)

Medical History

1. Diabetes
2. Diabetes + BP
3. Diabetes + Heart Disease
4. Diabetes + BP + Heart Disease
2. Family history for diabetes: a) Yes b) No
3. Family history for blood pressure: a) Yes b) No
4. Family history for heart disease: a) Yes b) No

Personal Habits

1. Do you smoke? a) Yes b) No c) Used to in the past
2. Do you chew tobacco? a) Yes b) No c) Used to in the past
3. Do you consume alcohol? a) Yes b) No c) Used to in the past
4. How frequently do you exercise: a) < 3 hours/week b) >3 hours/week

Fruit and Vegetable consumption

1. How frequently do you consume fruits? a) < 3 times/week b) >3 times/week
2. How frequently do you consume green leafy vegetables?
a) < 3 times/week b) >3 times/week

Anthropometry:

1. Height (cm): _____
2. Weight (kg): _____
3. Waist (cm): _____
4. Hip (cm): _____

In the past one year have you got the following examined (Yes/No)

1. Glycated Hb a) Yes b) No
2. Kidney function test a) Yes b) No
3. Lipid profile a) Yes b) No
(Total cholesterol, HDL-C, LDL-C)
4. Foot examination a) Yes b) No
5. Eye examination a) Yes b) No
6. ECG/Stress test a) Yes b) No

APPENDIX III

a) NAME OF THE RECIPE: VEGETABLE CUTLET

Procedure

1. Clean the coriander. Chop it. Dice the carrots.
2. Boil the potatoes, peas and carrots. Wet half the bread slices with little water and crush them.
3. Mash the potatoes and all the ingredients except oil and bread slices kept apart.
4. Add 0.5g (/1g/ 1.5g) of barley grass powder into it.
5. Make the remaining bread slices into toasted crumbs.
6. Make the mixture into 2 balls and flatten with a little pressure. Coat with the toasted crumbs. Shallow fry in a pan till golden brown using the oil.

Nutritive Value Information:

| Ingredients | Amt | Energy (Kcal) | CHO (g) | Protein (g) | Fat (g) | Iron (mg) | Ca (mg) |
|------------------|--------------|---------------|--------------|-------------|-------------|-------------|-------------|
| Potatoes | 100 | 97 | 22.6 | 1.6 | 0.1 | 0.48 | 10 |
| Bread | 70 | 171 | 36.33 | 5.46 | 0.49 | 0.77 | 7.7 |
| Peas | 40 | 37 | 6.36 | 2.88 | 0.04 | 0.6 | 8 |
| Carrots | 30 | 14 | 3.18 | 0.27 | 0.6 | 0.31 | 24 |
| Coriander leaves | 10 | 4 | - | 0.33 | 0.06 | 0.14 | 18.4 |
| Onion | 30 | 15 | 3.3 | 0.36 | - | 0.18 | 14.1 |
| Oil | 20 | 180 | - | - | 20 | - | - |
| Garam masala | As per taste | - | - | - | - | - | - |
| TOTAL | | 518 | 71.77 | 10.9 | 21.3 | 2.48 | 82.2 |

b) NAME OF THE RECIPE: KHAKHRA

Procedure

1. Mix all the ingredients except oil.
2. Add half the quantity of oil, and make into medium soft dough using adequate water.
3. Add 0.5g (/1g/ 1.5g) of barley grass powder into it.
4. Make into a ball and roll into a very thin chapatti.
5. Cook on a flat pan using the remaining oil. Care is to be taken to continuously apply pressure when cooking to avoid any air spaces developing or any puffing.

Nutritive Value Information:

| Ingredients | Amt | Energy (Kcal) | CHO (g) | Protein (g) | Fat (g) | Iron (mg) | Ca (mg) |
|--------------------|------------|----------------------|----------------|--------------------|----------------|------------------|----------------|
| Wheat flour | 15 | 51 | 10.4 | 1.82 | 0.26 | 0.74 | 7.2 |
| Cumin seeds | 0.25 | 1 | - | 0.05 | - | 0.03 | 2.7 |
| Red chilli powder | 0.25 | - | 0.08 | 0.04 | - | - | - |
| Omum | 0.06 | 1 | - | - | - | - | - |
| Turmeric | 0.06 | - | - | - | - | 0.04 | - |
| Asafoetida | 0.07 | - | 0.05 | - | - | 0.03 | - |
| Salt | 0.66 | - | - | - | - | - | - |
| Oil | 1.5 | 14 | - | - | 1.5 | - | - |
| TOTAL | | 67 | 10.53 | 1.91 | 1.76 | 0.84 | 9.9 |

c) NAME OF THE RECIPE: THEPLA

Procedure

1. Weigh all the ingredients and mix them in a bowl.
2. Add 0.5g (/1g/ 1.5g) of barley grass powder into it.
3. Add only half the quantity of oil i.e. 2.5g into the dry mixture.
4. Add water slowly and make into medium soft dough.
5. Make it into a ball and roll it flat and little thicker than chapatti.
6. Cook on both sides using the remaining quantity of oil on a flat pan.

Nutritive Value Information:

| Ingredients | Amt | Energy (Kcal) | CHO (g) | Protein (g) | Fat (g) | Iron (mg) | Ca (mg) |
|--------------------|------------|----------------------|----------------|--------------------|----------------|------------------|----------------|
| Wheat flour | 20 | 69 | 14.2 | 2.36 | 0.3 | 1.06 | 8.2 |
| Cumin seeds | 0.5 | 2 | - | 0.1 | 0.08 | 0.06 | 5.4 |
| Omum | 0.3 | 1 | - | 0.05 | 0.07 | - | 4.6 |
| Red chilli powder | 0.36 | - | - | - | - | - | - |
| Asafoetida | 0.07 | - | - | - | - | - | 0.5 |
| Salt | 0.89 | - | - | - | - | - | - |
| Oil | 5 | 45 | - | - | 5 | - | - |
| TOTAL | | 117 | 14.2 | 2.51 | 0.45 | 1.12 | 18.7 |

d) NAME OF THE RECIPE: MUTHIYA

Procedure

1. Clean and weigh all the ingredients.
2. Chop the clean the fenugreek leaves.
3. Separately dry roast rice, bengal gram dal and red gram dal lightly in a deep pan.
4. Coarsely grind them and mix all the ingredients except Gingelly seeds and oil.
5. Add 0.5g (/1g/ 1.5g) of barley grass powder into it.
6. Use water to shape the mixture into cylindrical rolls and steam them in a steamer or pressure cooker.
7. Cut into small pieces of about 5.5cm length.
8. Heat oil in a pan add gingelly seeds to flutter, put off the flame and add the muthiya pieces to coat with the tempering.

Nutritive Value Information:

| Ingredients | Amt | Energy (Kcal) | CHO (g) | Protein (g) | Fat (g) | Iron (mg) | Ca (mg) |
|------------------|-----|---------------|-------------|--------------|--------------|-------------|--------------|
| Rice | 50 | 173 | 39.1 | 3.4 | 0.25 | 0.35 | 5 |
| Bengal gram dal | 25 | 92 | 15 | 5.2 | 1.4 | 2.38 | 14.5 |
| Red gram dal | 25 | 84 | 14.4 | 5.58 | 0.43 | 0.68 | 18.25 |
| Fenugreek leaves | 30 | 15 | 1.8 | 1.32 | 0.27 | 0.58 | 118.5 |
| Curds | 2.5 | 3 | 0.1 | 0.12 | 0.16 | - | 5.3 |
| Sugar | 2.5 | 10 | 2.5 | - | - | - | - |
| Gingelly seeds | 2.5 | 14 | 0.6 | 0.46 | 1.08 | 0.23 | 36.25 |
| Salt | | - | - | - | - | - | - |
| Oil | 15 | 135 | - | - | 15 | - | - |
| TOTAL | | 526 | 73.5 | 16.08 | 18.59 | 4.22 | 197.8 |

APPENDIX IV

a) SCORING CARD- CUTLET

Name: _____

Date: _____

For each of the following attributes please rate the three products on a scale of one to ten:

| | A | B | C |
|---|-------|-------|-------|
| Colour | _____ | _____ | _____ |
| Texture (Softness) | _____ | _____ | _____ |
| Size | _____ | _____ | _____ |
| Shape | _____ | _____ | _____ |
| Aroma | _____ | _____ | _____ |
| Mouthfeel (Tenderness, Ease of swallowing) | _____ | _____ | _____ |
| Aftertaste | _____ | _____ | _____ |
| Overall acceptability | _____ | _____ | _____ |

Any other comments:

b) SCORING CARD- KHAKHRA

Name: _____

Date: _____

For each of the following attributes please rate the three products on a scale of one to ten:

| | A | B | C |
|-------------------------|-------|-------|-------|
| Colour | _____ | _____ | _____ |
| Texture (Brittleness) | _____ | _____ | _____ |
| Size | _____ | _____ | _____ |
| Shape | _____ | _____ | _____ |
| Aroma | _____ | _____ | _____ |
| Mouthfeel (Crunchiness) | _____ | _____ | _____ |
| Aftertaste | _____ | _____ | _____ |
| Overall acceptability | _____ | _____ | _____ |

Any other comments:

c) SCORING CARD -THEPLA

Name: _____

Date: _____

For each of the following attributes please rate the three products on a scale of one to ten:

| | A | B | C |
|-------------------------------------|-------|-------|-------|
| Colour | _____ | _____ | _____ |
| Texture (Softness) | _____ | _____ | _____ |
| Size | _____ | _____ | _____ |
| Shape | _____ | _____ | _____ |
| Aroma | _____ | _____ | _____ |
| Mouthfeel (Tenderness /Chewability) | _____ | _____ | _____ |
| Aftertaste | _____ | _____ | _____ |
| Overall acceptability | _____ | _____ | _____ |

Any other comments:

d) SCORING CARD -MUTHIYA

Name: _____

Date: _____

For each of the following attributes please rate the three products on a scale of one to ten:

| | A | B | C |
|---|----------|----------|----------|
| Colour | _____ | _____ | _____ |
| Texture (Granular) | _____ | _____ | _____ |
| Size | _____ | _____ | _____ |
| Shape | _____ | _____ | _____ |
| Aroma | _____ | _____ | _____ |
| Mouthfeel (Tenderness, Ease of swallowing) | _____ | _____ | _____ |
| Aftertaste | _____ | _____ | _____ |
| Overall acceptability | _____ | _____ | _____ |

Any other comments: