ICMR-NATIONAL INSTITUTE OF NUTRITION, Hyderabad Diet & Bio Maker Survey in INDIA (DABS-1) 24 hour Recall Diet Survey-Household & Individual Dietary Intake



| 1 | Sche | dule N | umber | | | | | | | | 8-10 | Censu | s Enu. E | Block / \ | /illage | | | | | | |
|-----------------|----------------------------------|----------------|---------------------------|------------------------------------|-----------------|------------------------|-----------------------------|---|------|-------------------------------------|----------|----------------------|----------|-----------|---------|--|--|--|--|--|--|
| 2-3 | State | | | | | | | | | | 1-12 | Sl. No. of Household | | | | | | | | | |
| 4-5 | Nam | e of the | city _ | | | | | | | | 3-18 | Date of survey | | | | | | | | | |
| 6-7 | | | ward _ | | | | | | 9-20 | Duration of Stay(yrs)* in same city | | | | | | | | | | | |
| | Name of Head of the Household | | | | | | | | | | 21-22 | Total Family Size | | | | | | | | | |
| Contac | Contact number Landline _ | | | | | | | | | | bile No | | | | | | | | | | |
| email: | email: | | | | | | | | | | call – 1 | | | | | | | | | | |
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| | | | | N | ame of | the in | dividual | | | | | | | | | | | | | | |
| | | | | Sl.no. | (as per l | HH Sci | hedule) | | | | | | | | | | | | | | |
| | | | | | Age (ye | ars & 1 | months) | | | | | | | | | | | | | | |
| | | | | Sex | male:2) | | <u> </u> | | | | | | | | | | | | | | |
| | | | | Physic | l statu | ıs Code* | | | | | | | | | | | | | | | |
| | Activity status Code# | | | | | | | | | | | | | | | | | | | | |
| | | | , | Two Maj | or Meal | ls (1. Y | es 2. No) | | | | | | | | | | | | | | |
| | 1. H | Iome Di | iet 2. Out | side Food | 3. Hon | 1e & O | Outside Foo | od | | | | | | | | | | | | | |
| | | | | Consum | otion U | nits(R | lefer list) | | | | | | | | | | | | | | |
| Meal pattern | Food group (Refer list) | Recipe Code | Recipe Name (Local) | Recipe Name (Common name) | Ingredi ents | Ingre dient Code | Raw amount (g/ml/no.) | Total cooked quantity (g/ml/no.) | | Individual Intake(ml/g/No.) | | | | | | | | | | | |
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| Name of the individual | | | | | | | | | | | | | | | | | | | |
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| | | | | Sl.No | o. (as per | hedule) | | | | | | | | | | | | | |
| Meal pattern | Food group (Refer list) | Recipe Code | cipe Name (Local) | Recipe Name (Commor name) | Ingredients | Ingredi s ent Code | Raw amount (g/ ml/ | Total cooked quantity (g/ml/no.) | | Individual Intake(ml/g/No.) | | | | | | | | | |
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| | | | | Sl.No | o. (as per | HH Sc | hedule) | | | | | | | | | | | | |
| Meal pattern | Food group (Refer list) | Recipe Code | Recipe Name (Local) | Recipe Name (Common name) | Ingredients | Ingredi ent Code | Raw amount (g/ ml/ no.) | Total cooked quantity (g/ml/ no.) | Individual Intake(ml/g/No.) | | | | | | | | | | Left over |
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| | | | | Sl.No | . (as per | HH Sch | edule) | | | | | | | | | | | | | | |
| Meal pattern | Food group (Refer list) | Recipe Code | Recipe Name (Local) | Recipe Name (Common name) | Ingredients | Ingredie nt Code | Raw amount (g/ ml/ | Total cooked quantity (g/ml/no.) | | Individual Intake(ml/g/No.) | | | | | | | | | | | |
| | | | | • | | | | | Outsid | de Foods | 3 | | | | | | | | | | |
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| Cup V | olumes: | C1: 14 | 100 C2 | : 1035 | C3: 750 | C4: 5 | 20 C5: | 350 | C6: 235 | C7: 2 | 200 (| C8: 140 | C9: 1 | 05 C | 10: 82 | C11: 6 | 5 C12 | 2: 30 | ! | | |

Name of the Investigator:

Signature:

Instructions:

- 1. As per the enumeration and HH the serial no. & other details of HH and the individual details have to be copied from the respective HH list to the diet tab schedule. The number of individuals entered in the household schedule will be auto populated/selected from drop down list.
- 2. Each and every individual details have to be crossed checked by the nutritionist doing the diet in the HH.
- 3. Write the sl no of individual who cooks and serves the food to the family members at HH
- 4. Write the date and day of the diet recall of
- 5. Write whether it is first, second or third recall.
- 6. Type the Local recipe name and Common name. The codes will be set apriori for all standardized/average recipes. For a non-standardized recipe, the codes can be generated post facto or it should be a dynamic process in consultation with the supervisor.
- 7. Meal time wise recipes should be noted carefully by conversing with the respondent.
- 8. The recipe at each meal time whether consumed at Home or Away from home has to be recorded.
- 9. The name of the food ingredients has to be selected by the investigator using drop down list/typing the key word. Foods will be listed Food group wise. A quick access list including the most common foods to speed up data collection followed by "other foods" that will include the rest of the foods in a given food group
- 10. A radio button to Add/Remove an ingredient will to be provided.
- 11. After listing every ingredient for the given recipe, the raw weights can be weighed using the kitchen weighing scale wherever possible and recorded for the foods available in the household or the weight recorded as reported by the respondent.
- 12. In the next screen the meal time Recipe name will be displayed whether the option of total cooked quantity have to be assessed
- 13. Next assess whether the same recipe has been consumed at other meal times during the previous day and record
- 14. Assess the individual distribution of consumption along with left over in terms of g/nos/ml (cup volume) using potable water as proxy.