

Food Frequency Questionnaire

Household ID: __ Province (T1) _ Site (T2) _ City/County (T3) __ Neighborhood/Village(T4) ___ Household(T5)

Interview Date: ___ Year _ Month _ Day

----- T7

Table 5 Record of Household oil and other condiment Consumption

Condiment V110	Consumption per month (grams) V111
Total Edible oil	
Lard	
Salt	
Soy sauce	
Monosodium glutamate/chicken essence	
Yellow soybean sauce	
Sugar	

Table 6. Food Frequency Questionnaire (for all age 12 and older)

***Please recall whether you ate these food items in the past 12 months or not, and estimate the frequency and average edible amount.**

Food Name V99	Eat/drink or not 1 Yes 0 No V100	Frequency (answer only one of these)				Average amount for each time (grams or ml) V105
		Times per day V101	Times per week V102	Times per month V103	Times per year V104	
Staple Food						
1	Rice (cooked rice/rice flour)					gram
2	Wheat products (white bread, steamed bread/noodles/dumplings), non-fried, excluding instant noodles					gram
3	Whole grains (whole wheat breads, buckwheat)					gram
4	Deep-fried wheat products (fried bread stick, fried pancake, fried dough twist)					gram
5	Instant noodles					gram
6	Sweet potatoes					gram
7	Potato/taro /yam					gram
8	Coarse grains (corn, millet, sorghum, barley, rye)					gram
Beans						
9	Dried soybean (yellow, green or black)					gram
10	Soybean milk					ml
11	Soybean powder					gram
12	Tofu, soybean milk films					gram
13	All other beans (mung bean /red bean/kidney bean)					gram

		Eat/drink or not 1 Yes 0 No	Frequency (answer only one of these)				Average amount for each time (grams or ml)
			Times per day	Times per week	Times per month	Times per year	
		V100	V101	V102	V103	V104	V105
Vegetables							
14	Fresh legumes (peas, snow peas, snap beans, yard long beans)						gram
15	Tomato						gram
16	Pepper (red, green, chili, etc.)						gram
17	Carrots						gram
18	Cucurbits vegetables (cucumber/pumpkin/summer squash, gourds)						Gram
19	Green leafy `spinach/rape vegetable/water spinach/bok choy)						Gram
20	Chinese cabbage and other leafy vegetables (cabbage/celery/lettuce, etc.)						Gram
21	Cruciferous vegetables (Broccoli, cauliflower)						gram
22	Other fresh or frozen vegetables (bitter melon/lettuce stem/radish/water chestnut/bamboo shoots), excluding canned, dried, fermented, or pickled						gram
23	Allium(Garlic stalk/chives/ Shallot/ onion)						gram
24	Fungi and algae (mushrooms/seaweed)						gram
25	Dried vegetable (dehydrated vegetables, dried lily, not salted/pickled/fermented)						gram
26	Pickled vegetables (pickled cabbage, pickled mustard tuber, beans, etc.)						gram
27	Fermented foods (fermented bean curd/paste, douchi, excluding fermented milk products, beer, soy sauce, and vinegar)						gram
Fruits							
28	Orange and citrus (tangerine /apricot/persimmon/mango/papaya/lemons)						gram
29	Watermelon/honeydew melon/other melons						gram
30	All other fresh/frozen fruits (apples, berries, bananas, kiwi, etc.)						gram
31	All other dried fruits excluding preserved fruits (apples, berries, bananas, jujube, etc.)						gram
32	Preserved fruits including canned or sweetened						gram
Milk							
33	Whole milk						ml
34	Low-fat milk/nonfat milk						ml
35	Whole milk powder						gram
36	Low-fat/non-fat milk powder						gram
37	Yogurt						gram
38	Cheese						gram
39	Ice cream						gram

		Eat/drink or not 1 Yes 0 No	Frequency (answer only one of these)				Average amount for each time (grams or ml)
			Times per day	Times per week	Times per month	Times per year	
		V100	V101	V102	V103	V104	V105
Meats							
40	Chicken, duck, goose, pigeon, quail (fried/non-fried)						gram
41	Lean pork						gram
42	Fatty pork						gram
43	Beef/ Lamb/mutton/other non-processed meats						gram
44	Processed Meat products (sausage/ham/luncheon meat)						gram
45	Avian and livestock viscera						gram
46	Fish—all types ocean and fresh water						gram
47	Shrimp and crab or other sea foods						gram
Eggs							
48	Fresh eggs(chicken/duck/quail egg)						gram
49	preserved eggs						gram
Snacks							
50	Salty soda cracker, salty mooncake						gram
51	Sweetened cookies, biscuits, cakes, pastries, and mooncake						gram
52	Nuts (peanut/ sun flower seeds/ pumpkin seeds/watermelon seeds/other seeds)						gram
53	Chocolate						gram
54	Potato chips/French fries/other fried snacks						gram
Alcohol and beverages							
55	Liquor (all types)						gram
56	Grape wine/yellow rice wine/rice wine						gram
57	Beer						gram
58	Water, plain or carbonated with nothing added						ml
59	Artificially sweetened beverages including sodas, commercial teas						ml
60	Sugar-sweetened beverages e.g. soft drinks, fruit-flavored drinks, milk-flavored drinks, sugared waters and commercial teas, sports or energy drinks						ml
61	Tea						ml
62	Coffee with/without sugar and/or milk						ml
63	100% fruit juice						ml

Table 7. Meals and expenses you ate away-from-home, take-away meals and purchased

Outside the home eating events, take-away meals V119		1 Yes 0 No	Frequency (answer only one of these)		
			Times per week if eat weekly	Times per month if less frequent	Times per year if less than once a month
		V120	V121	V122	V123
1	For breakfasts how often do you eat away-from-home?				
2	For all other meals how often do you eat at schools/canteens at work				
3	For all other meals how often do you eat Chinese food at stalls/restaurants				
4	For all other meals how often do you take-away meals from Chinese food stalls/restaurants				
5	For all other meals how often do you eat in western style fast-food restaurants such as Kentucky fried chicken, pizza, subways or hamburgers?				
6	For all other meals how often do you take-away meals from western style fast-food restaurants such as Kentucky fried chicken, pizza, subways or hamburgers?				

7. How much money did the family pay for all food when you cooked at home last week? _____ v112

*For food picked from your garden or got for free, calculate their value according to the market price.

8. How much money did you pay for eating outside last month? _____ V106

9. How much money did you pay for take-away meals last month? _____ V106a