

## 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	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	
<b>Staple Food</b>						
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
<b>Beans</b>						
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
<b>Vegetables</b>							
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	
<b>Fruits</b>							
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	
<b>Milk</b>							
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
<b>Meats</b>							
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
<b>Eggs</b>							
48	Fresh eggs(chicken/duck/quail egg)						gram
49	preserved eggs						gram
<b>Snacks</b>							
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
<b>Alcohol and beverages</b>							
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**

<b>Outside the home eating events, take-away meals V119</b>		<b>1 Yes 0 No</b>	<b>Frequency (answer only one of these)</b>		
			Times per week if eat weekly	Times per month if less frequent	Times per year if less than once a month
		<b>V120</b>	<b>V121</b>	<b>V122</b>	<b>V123</b>
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