

## **APPENDIX**

### **QUESTIONNAIRE FOR FOOD HABITS**

#### **DEMOGRAPHIC PROFILE**

1. Name of the Respondent:
2. Age:
3. Sex:
4. Educational qualification:
5. Address
  
6. Family income/month-
  - a) Rs. 10000-20000
  - b) Rs.30000-40000
  - c) Rs. 20000-30000
  - d) >Rs.40000
7. Types of family
  - a) Nuclear
  - b) Joint
  - c)Extended
8. Place of residence
  - a) Own home
  - b) Hostel
  - c) Rented house
  - d)Paying guest

#### **DIETARY FOOD HABITS**

1. Are you
  - a) Vegetarian
  - b) Non-vegetarian
  - b) Non-vegetarian but usually consume vegetarian
2. How many main meals do you consume in a day?
  - a) 1
  - b) 2
  - c) 3 or more
3. How many times do you take snacks in between main meal?
  - a) 1
  - b) 2
  - c)3
  - d) 4 or more
4. How often to go out to eat (eg. In a restaurant)?

- a) Every-day                      b) 3-4 times a week                      c) Once a week  
    d) Once in fortnight                      e) Seldom

5. Do you skip breakfast?

- a) Almost every day                      c) 3-4 times a week  
    b) Once a week or seldom                      d) Never

6. Do you follow any special dietary regime?

- a) Yes                      b) No

7. Do you practice fasting on religious ground or for any other reason? If yes, how often?

- a) Once a week or less                      c) Once in a fortnight  
    b) Once a month                      d) Seldom

8. Do you take any Vitamin supplement?

- a) Yes                      b) No

9. Food Frequency practices

Food Stuff	Frequency of usage						
	Daily	4-5/week	2-3/week	occasionally	Once in a week	Once in a fortnight	Once in a month
A. Cereal							
Rice							
Wheat							
Other cereal-a)							
b)							
Processed cereal							
B. Pulse							
Cooked : as dhal							
Raw: Soaked or germinated							
C. Vegetables							

