

**Non Alcoholic Fatty Liver Disease in School Children aged 5-10 Years, Prevalence in Overweight/obese & Normal Weight Children & its Association with Metabolic Syndrome**

**भोजन आवृत्ति प्रश्नावली**  
**Food Frequency Questionnaire**

Food frequency questionnaire will assess the frequency of consuming various food items categorized into various categories over the period of past one year.

Date

Unique Id

Start-time: hrs  min

End-time: hrs  min

1. Name of the index child:

2. Sex:  (male =01 and female =02)

3. Age:  yrs.

4. Respondent:  (1=index child, 2= mother, 3= father, 4= any other family member)

5. Name of mother:

6. Name of father:

7. Name of school:

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Form status:  (1=Complete, 2= Incomplete)

Research Staff

Research Officer

Data Entry

Verified

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S.No.	Food item	How many did you eat in the past one year?						Quantity consumed	
		Daily (7/7 days)	1-2 times per week	3-5 times per week	Fortnightly (1/15 days)	Monthly (1/30 days)	Occasionally/ Rarely/ Never	App. quantity/ amount consumed at one time	Total quantity of food consumed
<b>1.</b>	<b>CEREALS</b>								
1.1.	vkVs dh jksVh Wheat flour chapatti								
1.2.	lysu ijkaBk Plain Paratha								
1.3.	Hlkjok ijakBk Stuffed Paratha								
1.4.	lysu lkvwjh Plain Puri								
1.5.	elkyk iwjh@dpkSM+h Masala Puri								
1.6.	OgkbV czsM White Bread								
1.7.	Hlkvwjh czsM Brown Bread								
1.10.	gksy vkVs dh czsM Whole Wheat Bread								
1.11.	cu Bun								
1.12.	ehBk nfy;k (nw/ ds lkFk) Sweet Dalia (with milk)								
1.13.	uedhu nfy;k Namkeen dalia (with vegetables)								
1.14.	uku Naan								
1.15.	dqYpk								

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	Kulcha								
1.16.	HkVwjK Bhatura								
1.17.	iksgk Poha								
1.18.	lkcqnkuk dh f[kpM+h Sago khichdi								
1.19.	lkcqnkuk dh fVDdh Sago tikki								
1.20.	miek Upma								
1.21.	feLlh jksVh Missi roti								
1.22.	eDds dh jksVh Makka roti								
1.23.	cktjk dh jksVh Bajra roti								
1.24.	cktjk dh f[kpM+h Bajra ki khichdi								
1.25.	pus dh jksVh Chane ki roti								
1.26.	Tokj dh jksVh Jowar Roti								
1.27.	dkuZ iQYksDl Corn Flakes								
1.28.	E;wlyh Muesli								

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1.29.	pkoy@mcyk gqv k pkoy Plain Rice/boiled rice								
1.30.	NkSadk gqv k pkoy Fried Rice								
1.31.	f[kpM+h Khichdi								
<b>2.</b>	<b>PULSES</b>								
2.1.	lkcq n nkysa ([lkq r puk] [ks;kfcu] jktek bR;kfn) Whole Pulses (Sabut chana, Soyabean, Rajma etc.)								
2.2.	/qyh nkysa Dehusked Pulses (/qyh e;wx]mjn]vjgj bR;kfn) (Dhuli Dal- Moong, urad, arhar etc.)								
2.3.	vadqfr nkysa Sprouted Pulses								
2.4.	eVj Peas								
<b>3.</b>	<b>VEGETABLES</b>								
3.1.	<b>Roots &amp; tubers</b>								
3.1.1.	lkcq nkuk@vkyw Potato/ Tapioca								
3.1.2.	xktj@ewyh Carrot / Radish								
3.1.3.	pqdanj@'kyxe								

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	Beetroot / Turnip								
3.1.4.	ftehxn@'kdjxanh Yam/ Sweet Potato								
3.1.5.	vjch Colocasia (arbi)								
3.1.6.	l;kt Onion								
3.1.7.	dqN vkSj Li"V djsa Any other, specify _____								
3.2.	<b>gjs iRrshkj lqCt;ka</b> <b>Green leafy vegetables</b>								
3.3.	<b>vU; lqCt;ki</b> <b>Other vegetables</b>								
<b>4.</b>	<b>FRUITS</b>								
4.1.	dsyk@vke@phdw@vaxwj@yhph Banana/ mango/ chiku/ grapes/litchi								
4.2.	ve:n@lsc@uk'kikrh@vukj Guava/ apple/Pear/ anar								
4.3.	ihrk] [kjcwtk@rjcwtk@ vkywq[kkjk@vkMw@tkequ@csy Papaya/ muskmelon Watermelon/Plum/Peaches/ Jamun/ Bael								
4.4.	twljh iQy- larjk@ekSleh Citrus Fruits –Orange/Sweet lime								
4.5.	pSjh@vuUukl@LV*kWcsjh@[kqekuh@r ktk@vkeyk@[ktwj@fd'kfe'k@vathj&lw[k								

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	h gqbZ Cherry / Pineapple / Black Currant / strawberry/ Apricot Fresh/Amla/Dates/ Raisin/Figs-dried								
4.6.	dSuM iQYk Canned Fruits								
4.7.	iQyksa dh lykn@iQyksa dh pkV Fruit Salad/ Fruit chaat								
4.8.	rktk iQyksa dk twl Fruit juice fresh								
4.9.	iSdsV okyk lkQyksa dk twl Packaged fruit juice								
4.10.	iQyksa dk 'ksd(vkblØhe ds lkFk) Fruit shakes with ice-cream								
4.11.	iQyksa dk 'ksd (vkblØhe d fcuk) Fruit shake (without ice cream)								
4.12.	dklsbZ vkSj fooj.k nsa----- Any other Specify								
<b>5.</b>	<b>MILK AND MILK PRODUCTS</b>								
5.1.	iQgy Øhe@HkSal dk nw/ Full Cream/ Buffalo milk								
5.2.	flaxy VksUM@xk; dk nw/ Single toned/ Cow milk								
5.3.	Mcy VksUM@cdjh dk nw/ Double toned/Goat milk								
5.4.	yksiQSV nw/k Skimmed milk								

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5.5.	NkN Butter milk								
5.6.	yLlh Lassi								
5.7.	Lokfn"V nw/k (pkWdysV] ouhyk] dslj bykbpk) Flavored milk (Chocolate, vanilla, kesar elaichi)								
5.8.	lknk ngh Plain curd								
5.9.	ehBh ngh Curd With sugar								
5.10.	jk;rk Raita								
5.11.	phl Cheese/ cheese spread								
5.12.	xk<k nw/ Condensed milk								
5.13.	pk; dkWiQh (nw/ ds lkFk) Tea / coffee with milk								
5.14.	iuhj Cottage cheese								
5.15.	dksbZ vkSj fooj.k nsa----- Any other Specify _____								
<b>6.</b>	<b>MEAT, FISH AND POULTRY</b>								
6.1.	vaMs dh lCth Egg curry								

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6.2.	mcyk gqvk@zxje ikuh esa idk gqvk vaMk Egg boiled/Poached								
6.3.	vaMs dh HkqthZ@vkWeysV Egg Scrambled /Omelette								
6.4.	eVu Mutton								
6.5.	eNyh Fish								
6.6.	lqvj dk ekal Pork								
6.7.	fjdu Chicken								
6.8.	dysth@Hkstk@xqnkZ liver / brain / kidney								
6.9.	leqnh [kkuk (>haxk] dsdM+k) Sea foods (Prawn, Crab)								
6.10.	fj;kuh Biryani								
6.11.	dqN vkSj Li"V djsa----- Any other, specify								
<b>7.</b>	<b>COOKING OIL</b>								
7.1.	ewaxiQyh dk rsy Groundnut oil								
7.2.	lwjteq[kh dk rsy Sunflower oil								
7.3.	ljlkSa dk rsy								

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	Mustard oil								
7.4.	fry dk rsy Gingely oil								
7.5.	'kq¼ lfCt;ksaa dk rsy Refined vegetable oil								
7.6.	ukfjy rsy Coconut oil								
7.7.	nslh ?kh Desi Ghee								
7.8.	MkyMk ?kh Vanaspati Ghee								
7.9.	eD[ku (uedhu ihyk) Butter salted yellow								
7.10.	feuk ued dk liQsn eD[ku    Unsalted white butter								
<b>8.</b>	<b>SUGARS</b>								
8.1.	lknk phuh Plain Sugar								
8.2.	xqM+ Jaggery								
8.3.	'kgn Honey								
8.4.	tSe@tSyh Jams/jellies								
8.5.	eqjCek Marmalade								
8.6.	VkWiQh								

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	Candies								
8.7.	pkWdysV (Msjh pkWdysV) Chocolates								
8.8.	pkWdysV (fons'kh) Chocolates (exotic and with nuts)								
8.9.	ikjaifjd Hkkjrh; feBkbZ (yM-Mw) xqykctkequ [khj] gyok nw/ dh feBkbZ Traditional Indian sweets (ladoo, gulabjamun, kheer, halwa, milk sweets)								
8.10.	dsd@isLV <sup>ah</sup> Cakes/Pastries								
8.11.	vkbZlØhe Ice cream without nuts								
8.12.	vkbZlØhe (dktw cknke bR;kfn ds lkFk) Ice cream with nuts								
8.13.	dqN vkSj Li"V djsa Any other, specify...								
<b>9.</b>	<b>MISCELLANEOUS</b>								
9.1.	feLdqV lysu@ued okyk Plain/Salted      Biscuits								
9.2.	jLd Rusk								
9.3.	fpIl@ikiM+@dqjdjs@uedhu Chips / wafer/ kurkure / Namkeen								
9.4.	idksM+k@Hkkth@cksUMk								

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	Pakora/ Bajji/bonda								
9.5.	rys gq, vkyw French fry								
9.6.	eqjDdw@pdyh Marruku/chakli								
9.7.	ikuh iwjh (xksy xlis) Pani puri								
9.8.	pkV@ikiM+h Chat/papdi								
9.9.	iko Hkkth Paav bhaji								
9.10.	Hksy iwjh Bhel puri								
9.11.	ikWidkuZ Popcorn								
9.12.	<ksdyk Dhokla								
9.13.	p hl lSUMohp Cheese Sandwich								
9.14.	Hkjok dqYpk Stuffed kulcha								
9.15.	cxZj Burger								
9.16.	iSVh Patty								
9.17.	eSdjksuh@ikLrk@uwMYl@pkmehu Macroni/Pasta/Noodle/								

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	Chowmein								
9.18.	eSxh (lk/kj.lk) Maggi (Regular)								
9.19.	eSxh vkVl okyh Maggi Atta								
9.20.	ftTtk Pizza								
9.21.	dksbZ vkSj (Li"V djsa) Others(specify)								
<b>10.</b>	<b>ACCOMPANIMENTS</b>								
10.1.	es;ksust Mayonnaise								
10.2.	VkWfiac Topping								
10.3.	lkWl Sauce								
10.4.	pVuh Chutney								
10.5.	ikiM+ rys gq, Papads fried								
10.6.	vpkj Pickles								
10.7.	dksbZ vkSj (Li"V djsa) Others(specify)								
<b>11.</b>	<b>NUTS</b>								
11.1.	cknke@[kqekuh@[kjsV Almond/Apricot/Walnuts								

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11.2.	dktw@fiLrk Cashewnut								
11.3.	rktk ukfj,y Coconut fresh								
11.4.	lq[lkk gqv k ukfj,y Coconut dry								
11.5.	ew;xiQyh Groundnut								
11.6.	ued okys dktw cknke bR;kefn Salted Nuts								
<b>12.</b>	<b>BEVERAGES</b>								
12.1.	lkWiQ_vfMa^d (ofrr@xSls ds lkFk) Soft drinks (aerated)								
12.2.	lkWiQ_vfMa^d (fcuk okfrr@fcuk xSl ds) Soft drinks (non-aerated)								
12.3.	fueZy efnjk (izdkj dk mYys[k djsa) Alcohol (hard drinks) Mention type								
12.4.	dksbZ vkSj (Li"V djsa) Others(specify)								