

Dietary diversity among reproductive aged women: Comparative study between an urban and rural attendants of health care facilities, Middle Delta, Egypt

(1) Socio-demographic characteristics:

- **Age:**

- **Residence:**

-Urban

- Rural

- **Marital status:**

-Single

-Married

-Divorce

-Widow

- **Educational level:**

-Illiterate

-Read and write

- Basic education

Secondary/ Diploma

-University level

- **Occupation:**

-House wife

- Manual worker

- Governmental employee

- Private employee

-Students

Availability of food staff:

Available and easy to get it

Difficult due to high prices

Current reproductive status:

Non pregnant non lactating

pregnant

lactating

Code:

Age:

Height:

Weight:

Serial number:

24 H dietary recall

Meals	Consumed foods		Quantity (household measure)	Quantity (grams)	code	Notes
	Ingredients	items				

Modified Dietary diversity questionnaire:

	Food categories	Description/examples to be adapted	Consumed Yes = 1 No= 0
A	Foods made from grains	bread, rice, pasta/noodles or other foods made from grains	__ yes (1) __ no (0)
B	White root/ tuber	Potatoes, Taro	__ yes (1) __ no (0)
C	Pulses (beans, peas and lentils)	Mature beans or peas (fresh or dried seed), lentils or bean/pea products	__ yes (1) __ no (0)
D	Nuts and seeds	peanut, sesame or nut/seed “butters”	__ yes (1) __ no (0)
E	Milk and milk products	Milk, cheese, yoghurt or other milk products but NOT including butter, ice cream, cream	__ yes (1) __ no (0)
F	Organ meat Processed meat Red meat White meat Fish and seafood	Liver, kidney, heart or other organ meats Luncheon - sausage Beef, goat, duck and pigeon rabbit, chicken Fresh, dried fish, salted fish, canned fish and seafood (shrimp and crab)	__ yes (1) __ no (0)
I	Eggs	Eggs from poultry or any other bird	__ yes (1) __ no (0)
J	Dark green leafy vegetables	Spinach, dark green leafy lettuce , mukhiya,.....	__ yes (1) __ no (0)

K	Vitamin A-rich vegetables Vitamin A-rich fruits	Red pepper, carrots, sweet potatoes Apricot, mango,	__ yes (1) __ no (0)
M	Other vegetables	Cauliflower - cucumber - green pepper - cabbage -lettuce - okra - green onions – tomatoes....	__ yes (1) __ no (0)
N	Other fruits	Grapes - guava - banana – apple- tangerine, cantaloupe- orange -Lemon ,....-	yes (1) __ no (0)

Foods frequency Questionnaire:

Food groups	Once a day or more often	3 times per week or more	1-2 times per week	Monthly	never
Red meat					
White meat					
Fish and sea food					
Egg					
Milk and milk product					
Nuts and seeds					
Fruit					
Vegetables					
Grains					
Pulses					
sweetened beverage					
snacks					

