

Unstructured 24-Hour Dietary Recall

Questionnaire

Date ____/____/____

Instructions:

Thank you for participating in this important research study! Recall everything you consumed yesterday, from the moment you woke up to the time you went to sleep, including all snacks and beverages. To gain valuable insights into your daily energy consumption, this questionnaire will ask you to recall everything you ate and drank in the past 24 hours. Your participation is crucial in helping us understand your dietary patterns. Don't hesitate if you face a problem regarding to a questionnaire, a seasoned interviewer, fluent in your native language (Amharic) and well-versed in dietary data collection, is here to guide you. Don't hesitate to ask questions or seek clarification, their expertise ensures the accuracy and completeness of your dietary recall.

Note:

- Think about all the foods and beverages you typically consume in a specific day.
- Be as specific as possible when describing the food items (e.g., brand name, type of cut, cooking method...).
- Estimate the usual portion size you consume using the following reference guide:

Identification No: _____								
Time of day		What did you eat?						
		Name of food/ beverage item	Ingredients	Cooked method (Optional)	Amount consumed with common household utensil	Amount of food/ beverage equivalent to weight scale		
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Additional Notes:

- Please feel free to list any additional food or beverage items you consume that were not mentioned previously.
- If you have difficulty estimating portion sizes, ask the data collector to provide pictures of common household utensils for reference.

Thank you for your participation!