

Minimum Dietary Diversity Questionnaire

Participant ID: --A

Visit Date: -- (DD-MON-YYYY)

Instructions:

- Complete this form at each protocol-scheduled visit. Every effort should be made to contact the participant (or participant's contact if participant cannot be reached). Minimally the following information should be collected and documented in the participant's study file.
 - To be administered to both adult (18 and above) men and women study participants.
 - The recall period covers from when the respondent awoke the previous day, through the day and night for a 24-hour period.
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- Now I'd like to ask you about foods and drinks that you ate or drank yesterday during the day or night, whether you ate it at home or anywhere else.
 - I am interested in whether you had the food items I will mention even if they were combined with other foods. For example, if you had a soup made with carrots, potatoes and meat, you should reply "yes" for each of these ingredients when I read you the list. However, if you consumed only the broth of a soup, but not the meat or vegetable, do not say "yes" for the meat or vegetable.
 - As I ask you about foods and drinks, please think of foods and drinks you had as snacks or small meals as well as during any main meals. Please also remember foods you may have eaten while preparing meals or preparing food for others. Please do not include any food used in a small amount for seasoning or condiments (like chilies, spices, herbs or fish powder). I will ask you about those foods separately.
 - We will now begin. Yesterday during the day or at night, did you eat or drink:

1. Kindly fill complete the Minimum Dietary Diversity categories adapted from MDD-W questionnaire:

	FOOD CATEGORIES	EXAMPLES OF LOCAL FOOD ITEMS	CONSUMED - YES/NO
A	Any foods made from rice or other grains, such as:	Appam, Biryani, Bhakri (rice, bajra, corn, wheat), Breads and flatbreads/buns, Chapatti, Corn flakes, Dosa, Flattened rice (Aval, Poha), Idiyappam, Idly, Kichadi, Kozhukattai, Noodles, Payasam (rice/vermicelli), Pongal (sweet/spicy) made from rice/millet, etc., Poori, Puffed rice, Red rice, Rice flakes, Sandwich Pav (Vada pav, Missal pav, Bhaji pav), Stiff porridges (kali or kool) of maize, sorghum, millet or cassava (manioc), Upma, Wheat Roti, White rice (Boiled)	
B	Any white roots and tubers and plantains, such as: includes high carb starchy roots and tubers such as white potatoes, white yams (karunai kzangu), cassava (maravalli kzangu) and cocoyam (chepang kizangu).	Cassava, Cocoyam (chepang kizangu), Palmyra roots (Panang kizhangu-boiled/raw), Potato (kuruma/masiyal/fry/boiled), Sweet potatoes, Tapioca (maravalli kzangu, sabudana), Turnip (purple and white), White potatoes, White yams (karunai kzangu)	
C	Any beans, peas and lentils, such as: does not include ground nut (peanut)	Adai (pancake), Channa (sundal/gravy), Chick pea, Cowpea, Dhal/Daal (Toor, Moong, mysore, gram), Dhal powder (podu), Kidney beans, Payasam (dhal), Soya chunks (meal maker) or soya beans, Sprouts, Vadai, White channa, including mixed dishes such as sambar	
D	Nuts and seeds, such as: includes groundnuts and seeds consumed in >15grams/ 1 table spoon. Do not include oils from nuts and seeds here.	Badam, Cashew, Chikki (sesame, groundnut, etc.), Fried groundnut, Groundnut cake, Groundnut sundal, Pista, Sesame balls, Walnut. Peanut or cashew or sesame butter when added in substantial quantities not just as flavor	
E	Milk and milk products, such as: Include tinned, powdered milk, soft and hard cheeses and yogurt and kefir. But exclude, butter cream, sour cream, ice cream, sweetened condensed milk and packed yogurt drinks.	Curd, Morkuzhambu, Paneer, Milk kova (unsweetened), Cheese, Buttermilk, cow's milk, lassi, sweet kadhi (curd) etc. Include, Milk powder, milk of cow, buffalo, sheep or camel, all cheese types, yogurt and Kefir.	
F	Organ meat, such as:	Animal brain, heart, intestine, kidney, liver, lungs etc., as kuruma/gravy or fry	

G	Meat and poultry	Beef, Chicken, Mutton as gravy/fry, shawarmas, grills etc., Processed meats such as bacon, hotdogs in sandwiches, burgers etc., Quail (Kaadai) as fry/kuzhambu or any other animal or bird meat	
H	Fish and seafood, such as:	Crab, Canned fish, Dry fish (karuvadu), Fish, Oyster, Prawn, Squid, Shrimp, in the form of gravy, fry, etc.	
I	Eggs (any bird eggs but not fish)	Eggs of Chicken, Duck or Quail as boiled/omelet/podimas/fry, gravy, kalaki, etc.	
J	Medium-to-dark green leafy vegetables, including wild/foraged leaves such as:	Bibb lettuce, Chinese cabbage, Romaine, Spinach (keerai) such as sirukeerai, araikeerai, drumstick leaves, palak, methi/vendaiya keerai (fenugreek leaves) and others.	
K	Any vegetables or roots that are orange on the inside (Vitamin A-rich), such as:	Carrot, Pumpkin (orange or dark yellow flesh only, red capsicum/pepper (sweet) in the form of kootu/poriyal/raw/boiled etc., Sweet potato (orange or dark yellow only)	
L	Any fruits that are orange or dark yellow on the inside, (Vitamin A- rich fruits) such as:	Apricot, Cantaloupe melon, Passion fruit, Peach, Red palm fruit/ pulp, Ripe Papaya and Ripe Mango (NOT Green mango or Green papaya) either as fruit or 100% juice	
M	Any other vegetables, such as: (includes stems, fruits and flowers of plants generally consumed and considered as vegetables in culinary systems) but excludes high carb starchy roots and tubers such as white potatoes, white yams (karunai kzangu), cassava (maravalli kzangu) and cocoyam (chepang kizangu).	Broccoli, Bottle gourd, Bitter gourd/ melon, Beetroot, Broad beans, Brinjal/Eggplant, Cabbage, Cauliflower, Celery, Chayote (Chow chow), Cluster bean, Corn, Cucumber, Drumstick, Iml, Ivy Gourd (Tendli), Kohlrabi (German turnip - green), Mushroom, Okra (lady's finger/ vendaikai/ bindi) as Kootu/poriyal, Radish, Snake Gourd etc., as in one or mixed forms as avial, poriyal or kuruma (gravy).	
N	Any other fruits, such as:	Apple, Avocado/Butter fruit, Banana, Blueberry, Coconut flesh, Dates, Fig (Atthi pazam), Gooseberry (Alma), Grapes (fresh/dry), Guava, Jackfruit, Kiwi, Lemon, Musk melon, Orange, Pear, Pineapple, Plum, Pomegranate, Raspberry, Red banana, Strawberry, Sweet lime (Mosambi), Tamarind (used in curries. E.g. karakuzhambu, pulikuzhambu), Watermelon either as fruit or 100% juice	
O	Insects and other small protein foods, such as: Does not include (Snakes, frogs or other reptiles as it goes under meat category)	Sea snails fry, fish roe/eggs, Eesal (termite), Insect eggs/ larvae, insects, etc.	
P	Red palm oil	Not applicable -	

Q	Other oils and fats, such as: includes high fat contents such as creams and sour creams but not ice creams or cakes.	Animal fats such as lard (pig fat), suet (cow/ sheep fat) etc., Butter, Canola oil, Coconut oil, Coconut milk (thick and large quantity), Creams or sour creams, Ghee, Gingelly/sesame oil, Groundnut oil, Mayonnaise, Refined palm oil (not red palm oil), Rice bran oil, Sunflower oil, Vanaspati (Dalda) or any type of oils from nuts, fruits, seeds,.	
R	Savory and fried snacks	Bajii (potato/Plantain/Egg/Fish/Prawn/Bread/Onion), Boondi(spicy/sweet), Chat items (Pani poori, Masala poori), Chips (potato, tapioca/cassava, plantain), Doughnuts, Karasev, Kachori, Murukku (Chakli), Ompodi, Pakoda (Onion, Mixed vegetable), Papad, Sweet murukku, Samosa/Puff, Sabudana (Tapioca) vada/ Khichdi - (Vegetable/Cheese/Egg/Chicken/Mutton/Paneer/Mushroom) includes all crisps/ chips, fried dough or other fried snacks.	
S	Sweets	Badhusha, Biscuits, Chocolates, Cakes, Cookies, Candies, Frozen yogurt, Fruits canned in sugar syrups, condensed milk, Gulabjamun, Honey, Ice cream, Jams, Jangari, Jilebi, Laddu (Ex: Rava laddu), Milk kova (sweet), Mysore Pak, , Pies, Rasagulla, Rasamalai, Rabri, Sonpapdi, etc.	
T	Sugar - sweetened beverages	Coffee or Tea (with sugar), Flavored milk (Rose milk, Badam milk, chocolate milk), Malt or chocolate based drinks (Complan, Horlicks, Boost, Milo etc.), Milk shakes, Soft drinks/ Sweetened sodas/ Carbonated or “fizzy drinks” such as Slice, Maazaa, Frooty, Coco-cola, Fanta, Pepsi, Bovonto, 7up, Thums Up, etc.), Any other drinks with sweetened sugar, corn syrup, honey or other sweetener including fresh fruit Juices.	
U	Condiments and seasonings (Any ingredients used in small quantities <15 grams/ 1 table spoon for flavor)	Aniseed, Ajinomotto (MSG), Asafetida, Bay leaves, Cinnamon, Cardamom, Cloves, Chilies, Coconut milk (if very watery and thin) Coriander, Coriander seeds, curry leaves Fenugreek, Fennel seed, Fish powder (dry fish/ karuvadu in powder form), Ginger, Garlic, Garlic or ginger paste, Jalapeno, Jeera, Karuvapilai, Ketchup, Mint, Mustard, Poppy seeds Pepper, Turmeric, Sauce (Soya/Chili/Tomato), Sesame seeds, Tomato paste, Urad dhal, all powdered masalas, etc.	
V	Other beverages and foods (Optionally, specify if not listed)	Alcohol (all types), Chutney, Herbal beverages (Rasam) Olives, Pickles (both with and without salt/ oils), Pickled cucumbers, Soups (vegetables/chicken/mutton), Tea or Coffee (without sugar), Pickle (without masala& oil), Pickles	

	(Salt, masala & oil), coconut water etc. Specify if not listed, _____	
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2. In addition to the above food recall, did you take any food supplements or supplement drinks in the past 24 hours?

☐ Yes

☐ No (***Skip to Q. 3***)

2a. If yes, specify product name: _____ ☐ Don't remember the product name

2b. Specify any other details about the supplements: [Home made mix of certain ingredients (Sattu mavu), NTEP/ NGO provided food supplement powder, commercially available supplements (protein powders bought in supermarkets or pharmacies), CRU provided supplement in the study] _____

3. Since your TB diagnosis, did you regularly take any food supplements such as protein powders or other powder based food supplements?

☐ Yes

☐ No (***Skip to Q. 4***)

3a. If yes, who provided this? ☐ NTEP program ☐ CRU site for participating in the study ☐ NGO, specify _____

☐ Clinician (Private)

☐ Made in my home

☐ Bought it commercially, product name _____

☐ Other specify _____

3b. Specify any other details about the contents of the food supplement: _____

4. Initials of person completing CRF:

5. Signature _____

5a. Date _____ (DD-MON-YYYY)