

Name of the individual																			
Sl.No. (as per HH Schedule)																			
Meal pattern	Food group (Refer list)	Recipe Code	Recipe Name (Local)	Recipe Name (Common name)	Ingredients	Ingredient Code	Raw amount (g/ml)	Total cooked quantity (g/ml/no.)	<i>Individual Intake(ml/g/No.)</i>										<i>Left over</i>
Outside Foods																			
Snacks/Biscuits/Chips/Chocolates																			
Beverages-NON-Alcoholic (type and Quantity (ml))																			
Beverages-Alcoholic (type and Quantity (ml))																			
Participation in supplementary nutrition programme (ICDS, MDM , Other Food schemes/programmes)																			

Cup Volumes: C1: 1400 C2: 1035 C3: 750 C4: 520 C5: 350 C6: 235 C7: 200 C8: 140 C9: 105 C10: 82 C11: 65 C12: 30

Name of the Investigator:

Signature:

Instructions:

1. As per the enumeration and HH the serial no. & other details of HH and the individual details have to be copied from the respective HH list to the diet tab schedule. The number of individuals entered in the household schedule will be auto populated/selected from drop down list.
2. Each and every individual details have to be crossed checked by the nutritionist doing the diet in the HH.
3. Write the sl no of individual who cooks and serves the food to the family members at HH
4. Write the date and day of the diet recall of
5. Write whether it is first, second or third recall.
6. Type the Local recipe name and Common name. The codes will be set apriori for all standardized/average recipes. For a non-standardized recipe, the codes can be generated post facto or it should be a dynamic process in consultation with the supervisor.
7. Meal time wise recipes should be noted carefully by conversing with the respondent.
8. The recipe at each meal time whether consumed at Home or Away from home has to be recorded.
9. The name of the food ingredients has to be selected by the investigator using drop down list/typing the key word. Foods will be listed Food group wise. A quick access list including the most common foods to speed up data collection followed by “other foods” that will include the rest of the foods in a given food group
10. A radio button to Add/Remove an ingredient will to be provided.
11. After listing every ingredient for the given recipe, the raw weights can be weighed using the kitchen weighing scale wherever possible and recorded for the foods available in the household or the weight recorded as reported by the respondent.
12. In the next screen the meal time Recipe name will be displayed whether the option of total cooked quantity have to be assessed
13. Next assess whether the same recipe has been consumed at other meal times during the previous day and record
14. Assess the individual distribution of consumption along with left over in terms of g/nos/ml (cup volume) using potable water as proxy.