AFRICAN POPULATION AND HEALTH RESEARCH CENTRE
PROJECT TITLE: Dietary transitions in African cities: *leveraging evidence for interventions and policy to prevent diet-related non-communicable diseases*
24 hour dietary recall

1.0	**IDENTIFICATION INFORMATION**
1.1	FIELD WORKER'S CODE
1.2	DATE OF INTERVIEW (DD/MM/YYYY)
1.3	RESPONDENT'S ID
1.4	RESPONDENT'S FULL NAME
1.5	ESTATE/VILLLAGE OF RESIDENCE
1.6	MOBILE NUMBER
1.7	PLACE OF INTERVIEW

No.	Questions and filters	Coding categories	SKIP
1	Did you feel sick or unwell yesterday?	01 = Yes 02 = No	>Q1a >Q2
1a	Did you eat differently than usual because you were sick?	01 = Yes 02 = No	If yes, arrange to go another day
2	Was yesterday a special day, like a celebration or feast day where you ate special foods?	01 = Yes 02 = No	
3	Was yesterday a day of fasting?	01 = Yes 02 = No	If yes, arrange to go another day

Instructions: Ask the 24 hour food recall for yesterday in two rounds.

4. Read aloud: I would like to now ask you about foods and drinks *consumed during the morning, day and night,* and who you ate with and where.

4.1. Morning to around afternoon

1st round (listing all foods and drinks): Please list all the foods and drinks you ate/drank yesterday morning from the time you woke up until around afternoon. Probe: "Anything else?" Until the respondent says "Nothing else" (record in table below)

2nd round (enquiring details about each food one by one): After listing all the food consumed from the time the participant woke up until around afternoon, ask about the ingredients for each food item eaten and ask who participants ate with and where the food was eaten, how long the food event lasted and time of day of the food event.

4.2. Afternoon until around sunset

1st round (listing all foods and drinks): Please list all the foods and drinks you ate/drank yesterday afternoon until around sunset. Probe: "Anything else?" Until the respondent says "Nothing else" (record in table below)

2nd round (asking details about each food one by one): After listing all the food consumed yesterday afternoon until around sunset, ask about the ingredients for each food item eaten and ask who participants ate with and where the food was eaten, how long the food event lasted and time of day of the food event.

4.3 Sunset until the participant went to bed

1st round (listing all foods and drinks): Please list all the foods and drinks you ate/drank yesterday evening from around sunset until you went to bed. Probe: "Anything else?" Until the respondent says "Nothing else" (record in table below)

2nd round (asking details about each food one by one): After listing all the food consumed yesterday evening from around sunset until the participant went to bed, ask about the ingredients for each food item eaten and ask who participants ate with and where the food was eaten, how long the food event lasted and time of day of the food event.

After listing all the food, ask about the ingredients for each food item eaten and ask who participants ate with and where the food was eaten ('synchronization'), how long the food event lasted ('tempo') and time of day of the food event ('periodicity').

4.4. Final check

List everything they report eating in the previous day using time intervals suggested below. Once you have been through the day, probe if any other food was consumed which they may have forgotten. Record

Dummy question Q3 "1=Proceed"

	3a.Time of day Exact time as much as possible, e.g. 7.10am [Periodicity]	3b.Food item/dish consumed Add a suitable label for description, e.g. plantain, fufuo ne nkatenkwan)	3c. Food item consumed (allocate a code from the list below)	3d. Ingredients of mixed dishes listed in 3b which are not single food items *Please list all ingredients in mixed dishes.*	Codes for 3d	3e.Place where consumed 01 = Own home 02 = Relative or friend's home 03 = Market 04= Work 05= School 06- University 07= Sit down restaurant 08 Fast food outlet 09 In the street 96 = Other (Specify) [Synchronization]	3f. Who consumed with 01 = On own 02 = Relative 03 = Friend 04= Work colleagues 96 = Other (Specify) [Synchronization]	3g. How long the food event (e.g. breakfast/in-between meal snack/lunch/dinner) lasted (in minutes) [tempo] 01 = less than 10 minutes 02 = 10-29 minutes 03 = 30-59 minutes 04= 1 hour or more, 05= Other (specify)
Breakfast			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
Morning snack			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
Lunch			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|

			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
Afternoon snack			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
Dinner			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
Evening snack			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|
			|_||_||_|		|_||_||_|	|_||_|	|_||_|	|_||_|

Codes	Food group	Food items/ingredients/dishes (add sub-codes for each item)
1	Whole grain cereals	Whole grain bread, whole bread, muesli cereals, maize sorghum, local brown rice, millet, whole meal (brown) chapati, whole meal ugali, whole meal porridge, boiled corn (maize) meal, oats, whole grain cereals (weetabix, cornflakes), other (text will be inserted)
2	Refined cereals	White bread (sugar bread, butter bread, tea bread), white bread, cereals, white rice, pasta, noodles, macaroni, white chapati, white ugali, other (text will be inserted)
3	Fermented maize products	Fermented maize meal, other (text will be inserted)
4	Milk and milk products	Plain yoghurt, milk, buttermilk, flavoured yoghurt, soft cheese, semi-soft/firm cheese, sour milk, sweetened condensed milk, powdered milk, evaporated milk, Soya milk, mursik, fermented milk (maziwa mala), other (text will be inserted)
5	Fresh juices	Fruit juices (unsweetened), vegetable juices (unsweetened), coconut juice, other (text will be inserted)
6a	Vitamin A rich fruits	Ripe mango, ripe pawpaw, apricot, cantaloupe melon, plum, passion fruit, peach, nectarine, red palm, tree tomato
6b	Other fruits	Orange, mandarin, kiwi, watermelon, pineapple, banana, flat peach, apple, pear, strawberries, cherries, berries, grapes, stewed fruit, dried fruits, avocado, other (text will be inserted)
7	Nuts and seeds	Melon seeds, groundnuts, cashew nuts, almonds, brazil nuts, macadamia nuts, melon seeds, pumpkin seeds, sunflower seeds, other nuts and seeds (text will be inserted)
8	Roots, tubers, plantain and potatoes (not fried)	Bananas (roasted/boiled), cassava (boiled), yam, arrowroots, potatoes (roasted/boiled), sweet potatoes (roasted/boiled), other (text will be inserted)
9	Roots, tubers, plantain and potatoes (fried/deep fried)	Plantain, cassava, potatoes, sweet potatoes, yam, arrowroots, other (text will be inserted)
10a	Vitamin A rich vegetables	Pumpkin, carrots, red pepper (capsicum), squash, sweet potatoes that are yellow or orange inside, other (text will be inserted)
10b	Other vegetables	Green leaves, spinach, chard, lettuce, endive, chicory, chinese and white cabbage, tomatoes, peppers, carrots, cucumber, eggplant, green beans, onions and garlic, mushrooms, kales, sukuma wiki, managu, terere, sucha, saga, mitoo, mrenda, pumpkin leaves, cabbage, sweet potato leaves, osuga, kunde, other locally available leaves an traditional vegetables (text will be inserted)
11	Pulses (beans, peas, lentils)	Beans, lentils, pea and bean soup/ stew, soya beans, Bambara beans, baked beans, black beans, green grams, other legumes (text will be inserted).
12	Vegetable soups, stews, sauces	Tomato sauce and stew, vegetable soup, other (text will be inserted)
13	Egg	Scrambled egg, poached egg, fried egg, omelette, boiled egg, other (text will be inserted)
14	Red meat	Beef, goat, pork, bush meat, cow skin, cow feet, other (text will be inserted)
15	Organ meat	Liver, kidney, giblets, heart or other organ meats or blood-based foods including from bush game (text will be inserted)
16	Poultry	Grilled chicken, fried chicken, roasted chicken, Guinea fowl, Turkey, Duck, other (text will be inserted)

Codes	Food group	Food items/ingredients/dishes (add sub-codes for each item)
17	Fish (not fried)	Fatty fish, lean fish, fish preparations and shell fish, tuna, tilapia, Nile perch, Omena, other (text will be inserted)
18	Fish (fried)	Fried fish, Salmon fish, mackerel fish, cassava fish, tuna, octopus, shrimps, tilapia, Nile perch, Omena other (text will be inserted)
19	Mixed dishes (vegetarian, meaty)	Lasagna, pizza, githeri (maize and beans), tofu (soya bean dish), other (text will be inserted), Samosa
20	Savoury pies	Meat pie, fish pie, other (text will be inserted)
21	Processed meat	Meatballs, fried sausage, sausage roll, boiled sausage, dry and cured meat, salami, bologna, mortadella, ham, speck, corned beef, liver paté, smokies, other (text will be inserted)
22	Sugar and sweet spreads	Marmalade, jam, sugary jelly, honey, sugar, other (text will be inserted)
23	Cakes and sweets	Sweet pie or tart, yeast cake, pastry, sponge cake, cream pie, cheesecake, cookies, chocolate, sweets, candy and toffee, groundnut cake, other (text will be inserted)
24	Oils	Vegetable oil, corn oil, palm oil, coconut oil, groundnut oil, olive oil, other oils (text will be inserted)
25	Snacks (savoury or sweet)	Crisps, sweetened popcorn, salted popcorn, cassava crips, potato crisps, plantain crisps, chips (snack made from bread flour dough fried), other (text will be inserted)
26	Spreading fats	Regular margarine and fat-reduced margarine, butter, groundnut paste, other (text will be inserted)
27	Cooking fats	Lard, shea butter, other form of animal fat (text will be inserted)
28	Sodas and sweetened beverages	Non-alcoholic beer, sodas and minerals, light and soft drinks, fruit based drinks, fruit nectars, Cocoa milk drink (Milo, chocoprimo, chocolate, richoco), fruit milk drink (smoothie), other (text will be inserted)
29	Tea and coffee	Unsweetened tea, sweetened tea, unsweetened coffee, sweetened coffee, other (text will be inserted)
30	Alcoholic beverages	Beer, wine, spirit, local beer (busaa, changaa), other (text will be inserted)
31	Condiments and flavour cubes	Ketchup, tomato sauce, tomato paste, mayonnaise, cream, sour cream, sauces, whipped cream, maggi, royco, other (text will be inserted)
32	Other	Specify