|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **SECTION H: DIETARY FACTORS DURING PERI-CONCEPTION** | | | | | | | | | | | |
| **Remembering your experience of the last six months (first two trimesters) pregnancy of the index child, how frequently did you consume the following food items in a typical week?** | | | | | | | | | | | |
| **Grains and grain products** | | | | | | | | | | | |
|  | Injera (Teff) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Injera (Teff + Maize) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Injera (Teff + Rice) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Injera (Sorghum) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Rice | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Spaghetti pasta | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Macaroni | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Soup (Cereals) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Soup (cereal + Vegetables + Bean) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Maize porridge, boiled/fried | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Cereal Porridge | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | White Bread (Refined Cereals) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Wheat bread (Homemade Bread) Whole grain | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Kita (Refined cereals) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Kita (Un-Refined cereals) Whole grain | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | False banana (Kocho, Bula) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Cake | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Biscuit | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Oatmeal | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Chechebsa | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Fetira | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | **Vegetables and vegetable products** | | | | | | | | | | |
|  | Carrot | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Tomato | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Tomato Paste | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Pepper | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Chili | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Cabbage | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Kale | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Spinach | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Broccoli | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Snap bean (Fosolia) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Duba | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Cauliflower (Kosta) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Beetroot (Key sir) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Baked, boiled or mashed potatoes | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Pepper; | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Chilli | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Potato | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Sweet Potato | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Beans | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Lentils; | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Peas, | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Green; | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | String beans | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Pickled vegetable consumption | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Sprouted potato consumptio | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
| **Fruits and fruit products** | | | | | | | | | | | |
|  | Banana | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Apple | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Orange | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Papaya | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Mango | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Grape | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Casaba melon | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Watermelon | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Zeytun | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Gishita | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Ambeshok | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Abuka | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Avokado | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Cock | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Injori | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Roman | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Lemon | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | **Nuts and seeds** | | | | | | | | | | |
|  | Beans (all types) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Lentil | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Boloke | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Peanuts | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Seeds (sunflower, flax, pumpkin) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Walnuts | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Hazelnuts; | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Almond | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
| **Meat and meat products** | | | | | | | | | | | |
|  | Lamb | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Beef, boiled/baked/fried | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Ground Beef | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Poultry (Doro wet) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Chicken breast, boiled/baked/fried | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Pork, boiled/baked/fried | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Ox meat | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Goat Meat | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Sheep Meat | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Liver (chicken, beef) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
| **Fish and seafood products** | | | | | | | | | | | |
|  | Salmon; Sardines, canned; | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Tuna, canned; Mackerel; Trout; | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Catfish; Hake; Seafood mix; Fish pate | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | **Eggs and egg products** | | | | | | | | | | |
|  | Egg, boiled/fried | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Egg, fried/ boiled/steamed/ scrambled | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | **Milk, milk products and milk substitutes** | | | | | | | | | | |
|  | Milk, fluid,(Factory Processed) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Milk, Powder | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Cow milk | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Goat milk | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Sheep milk (per Cups/ Litter) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Camel milk | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Cheese | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Yogurt | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Soy milk | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Butter | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
| **Fat and oil** | | | | | | | | | | | |
|  | Margarine | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Mayonnaise | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Sunflower oil | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Rapeseed oil | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Olive oi | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Other oils | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
| **Sugars and sweets** | | | | | | | | | | | |
|  | Mushebek | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Bakilaba | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Halawa | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Chocolate | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Candy | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Ice cream | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Gelatin | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Marmalade | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Jelly | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Honey | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
| **Beverages (non-milk)** | | | | | | | | | | | |
|  | Coffee, brewed (per Cups | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Coffee, instant | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Tea | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Soft drink | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Fruit juice raw | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Fruit juice artificial | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Juice from concentrate with added sugar (orange, apple, apricot, peach etc.) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Juice 100% fruit, no sugar added (orange, apple, apricot, peach etc.) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Beer | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Wine | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Areke (Factory processed) | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Local Beer (Areke**)** | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
|  | Tej | | | | | Per day/times | | |  | | |
| Per week/times | | |  | | |
| Per month/times | | |  | | |
| **Miscellaneous** | | | | | | | | | | | |
|  | | Pie (cheese/dock/spinach) | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
|  | | Sweets (candies/cookies/cakes/chocolate) | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
|  | | Pizza | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
|  | | Prebranac (traditional baked beans) | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
| H8 | | Consumed pea nuts | | | | 0. No  1.Yes | | |  | | |
|  | | If yes, how many times? | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
|  | | Chewed chat before pregnancy | | | | 0. No  1.Yes | | |  | | | |
|  | | Chewed during pregnancy | | | | 0. No  1.Yes | | |  | | | |
|  | | Maximum chewed chat/month/week | | | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
|  | | Chewed Chat with pea nut before pregnancy | | | | 0. No  1.Yes | | |  | | | |
|  | | Chewed Chat with pea nut during pregnancy | | | | 0. No  1.Yes | | |  | | | |
|  | | Maximum chewed chat with pea nut /month/week | | Per day/times | | | |  | | | | |
| Per week/times | | | |  | | | | |
| Per month/times | | | |  | | | | |
|  | | Did you Consume of tea/coffee? | | | | 0. No  1. Yes | | |  | | | |
|  | | If yes, when did you take after meal? | | | | 1.Immidiately  2.After 30 min  3.After 1 hour | | |  | | | |
|  | | If yes, how many times? | | | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
|  | | If yes, how often? | | | | Per day/times | | |  | | | |
| Per week/times | | |  | | | |
| Per month/times | | |  | | | |
|  | | Did you take Alcohol before pregnancy? | | | | 0. No  1. Yes | | |  | | | |
|  | | Did you take Alcohol during pregnancy? | | | | 0. No  1. Yes | | |  | | | |
|  | | Type of Alcohol |  | | | | | | | | | |
|  | | Maximum drinks/month/week | | | | Per day/times | | | |  | | |
| Per week/times | | | |  | | |
| Per month/times | | | |  | | |
|  | | Do you consume any food contaminated by Aflatoxin? (cereals or peanut) | | | | 0. No  1. Yes | | | |  | | |
|  | | Consumed food (cereals, Injera or bread or other) with moulds? | | | | 0. No  1. Yes | | | |  | | |
|  | | Maximum consumes per day/month/week | | | | Per day/times | | | |  | | |
| Per week/times | | | |  | | |
| Per month/times | | | |  | | |
|  | | Used nutritional guidance before pregnancy | | | | 0. No  1.Yes | | | |  | | |
|  | | Used nutritional guidance during pregnancy | | | | 0. No  1.Yes | | | |  | | |
|  | | Did you consume any food that has mould(Aflatoxine) | | | | 0. No  1.Yes | | | |  | | |
|  | | How often do you consume food with mould(aflatoxine) per week | | | | \_\_\_\_\_\_\_\_\_\_\_\_days | | | |  | | |
|  | | Did you used Iodized salt | | | | 0. No  1.Yes | | | |  | | |
|  | | How often do you consume Iodized salt | | | Per day/times | | | | |  | | |
| Per week/times | | | | |  | | |
| Per month/times | | | | |  | | |
|  | | What is Iodized salt? | | | | | | | | | | |