Appendices
QUESTIONNAIRE

A comparative study of dietary pattern of old age people (above 60 years) residing in rural and urban areas of Faizabad

General Information of the Respondent

1. Name of the respondent ..............................................................
2. Wife/Husband’s name ..............................................................
3. Address .............................................................................
4. Age ....................................................................................
5. Sex .....................................................................................
6. Height ................................................................................
7. Weight ................................................................................
8. Education ...........................................................................
9. Caste ...................................................................................
10. Religion ............................................................................
11. Monthly income ..................................................................
12. Sources of the annual income ..................................................
    (a) Agriculture ..................................................................
    (b) Animals .....................................................................
    (c) Service/business ..........................................................
    (d) Daily labour ..................................................................
    (e) Skilled labour ..............................................................
    (f) Other (specify) ..............................................................
13. Size of the family

14. Type of family  :  (a) Joint  
                        (b) Nuclear

15. House  :  (a) Own  (b) On rent  (c) Illegal

16. Type of the house  :  (a) Kachcha  (b) Pucca  (d) Mixed

Specific Information

1. Food habit
   (i) Vegetarian
   (ii) Non-vegetarian
   (iii) Ovatarian

2. Are you suffering from any disease at present or since last month? Yes/No
   If yes, types of disease
   (i) Hypertension
   (ii) Diabetes
   (iii) Stone
   (iv) Heart disease
   (v) Arthritis
   (vi) Nephritis
   (vii) Liver disease
   (viii) Constipation
   (ix) Any other

3. Which types of treatment you are taking/had taken
   (i) Medicines prescribed by doctors
   (ii) Nutritive diet
   (iii) Ayurvedic, allopathic and homeopathic
(iv) Exercise (specify)

4. Role of impairment
   (i) Do you feel that at present your working capacity has reduced?
       Yes/No
   (ii) If yes Slightly Disabled
        Very much Altogether
   (iii) Do you think that at present you forget things more than your past life.

5. If you have taken nutritive diet then describe about diet?

6. Are you alcoholic? Yes/No (If yes which type of alcohol you have taken)

7. Addiction
   (i) Cigarette
   (ii) Tobacco
   (iii) Biri
   (iv) Pan Masala
   (v) Huccka
   (vi) Any other

8. Effect of addiction do you know? Yes/No (if yes than what)

Dietary pattern

A. How many times do you eat food?
   (i) Bed tea
   (ii) Breakfast
   (iii) Lunch
   (iv) Evening tea
(v) Dinner
(vi) At night

B. 24 hour recall method for one week

<table>
<thead>
<tr>
<th>Time of meal</th>
<th>Items</th>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
</table>

C. Do you eat at same time every day?: Yes/No

D. Are you fulfilled the criteria given by ICMR

<table>
<thead>
<tr>
<th>Recommended daily nutrient allowance</th>
<th>By taken meal</th>
</tr>
</thead>
</table>

E. Ritual of eating

(a) Is food consumption of formal or informal activity? Formal/Informal
(b) Do you select your own food or it is selected for you? Formal/Informal
(c) Who decides the quantity of food consumed? Own/By others
(d) Do you eat alone or with a group? Alone/Group
(e) Do you eat rapidly or slowly? Rapidly/Slowly
(f) Where do you eat?

In front of TV/Kitchen/Dining room/Aangan/Varandah.
(g) Do you not eat some food that you enjoy because preparation takes too long, it's too difficult to any other reasons?

F. Acceptable or unacceptable foods

(a) Do you strongly prefer some foods or do you enjoy most foods about equally?

(b) Do you strongly dislike some food for it's Colour/Texture/Flavour/Preparation method

(c) How important is food quality. What quality do you eat?

(d) Do you have a weight or health problem that cause you to reduce the frequency with which you consume certain foods? Gas/Indigestion

(e) Do you eat mostly fresh foods Always/Occasionally/Never

(f) Do your food habits ensure a nutritionally balanced diet? Yes/No

(g) If you prepare our meals do you plan menu in advance or eat whatever?

(h) Are preparation methods monotonous or variable?
**Nutritional requirement for elderly (ICMR)**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie (Kcal)</td>
<td>2100</td>
<td>1700</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>55</td>
<td>45</td>
</tr>
<tr>
<td>Calcium (g)</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Iron (mg)</td>
<td>10</td>
<td>30</td>
</tr>
<tr>
<td>Vit A (I.U.)</td>
<td>750</td>
<td>750</td>
</tr>
<tr>
<td>Thiamine (mg)</td>
<td>1.2</td>
<td>1.0</td>
</tr>
<tr>
<td>Riboflavin (mg)</td>
<td>1.3</td>
<td>1.0</td>
</tr>
<tr>
<td>Niacin (mg)</td>
<td>16</td>
<td>13</td>
</tr>
<tr>
<td>Vit C (mg)</td>
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<td>50</td>
</tr>
<tr>
<td>Vit D (I.U.)</td>
<td>200</td>
<td>200</td>
</tr>
<tr>
<td>Folic Acid (µg)</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>B₁₂ (µg)</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Interviewers interviewing the respondent

Interviewers observing diet of the respondent
Interviewer taking weight of the respondent

Interviewer taking weight of the respondent