Appendix I

Interview schedule to elicit information on Baseline Risk factors for Coronary Heart Diseases

I. Socio-economic background

A. General Information

1. Name of the respondent :

2. Address :

3. Name of the Hospital :

4. Age (years) :

5. Sex :

B. Socio-economic status : (✓) appropriate columns)

1. Religion: Hindu ☐ Muslim ☐ Christian ☐

2. Educational status

   Primary school ☐ Post graduation ☐
   Secondary school ☐ Professional degree ☐
   Degree ☐ Any other ☐

3. Number of years of education

   Less than 10 years ☐ 10-15 years ☐
   Greater than 15 years ☐

4. Monthly income (in rupees)

   LIG –(Less than Rs.5500/-) ☐
5. Occupational status

- Unemployed
- Retired
- Business
- Domestic duty
- Labours
- Administrative staff
- Executive and Professionals

6. Marital status

- Married
- Unmarried
- Widow/Widower

7. Number of members in the family

- 1-4
- 5-7
- More than 7

C. Life style:

1. Smoking habit
   a) Do you smoke
   - Yes
   - No
   b) If no did you smoke earlier
   - Yes
   - No
   c) If yes, do you smoke beedi/cigarette?
      - Mild smoker
      - Heavy smoker
      (Less than 15 no’s)
      (More than 15 no’s)

2. Alcohol consumption
   a) Do you take alcoholic drinks?
   - Yes
   - No
   b) If yes, mention the type of alcohol.
      - Toddy
      - Beer
      - Distilled spirit
   c) Mention frequency of alcohol consumption
      - Less than 60 ml per day
      - Greater than 60ml per day
      - Less than 60ml per week
      - Greater than 60ml per week
3. Consumption of other beverages. How many cups of tea/coffee you drink daily?
   Nil □  1-3 cups □  Greater than 3 cups □

4. Physical activity
   a) Do you exercise regularly?  Yes □  No □
   b) If yes, mention the type of exercise.
      Walking □  Yoga □  Cycling □  Games □
   c) Duration of exercise activity per day
      Less than 30 minutes □
      30-60 minutes □
      Greater than 60 minutes □
   d) Give the frequency of exercise
      Every day □  3-6 times per week □  1-2 times per week □
   e) Do you spend some time for recreation daily? Yes □  No □
   f) If yes, how many hours do you spend for recreation daily?
      Less than 2 hours □  2-3 hours □
      Greater than 3 hours □
   g) How many hours do you sleep daily?
      8 hours □  Greater than 8 hours □  Less than 8 hours □
5. Occupational activity
   a). What type of occupational activity you have?
      i) Sedentary worker (Administrative staff, professional, business, retired person, priest, postman, field worker, tailor and nurse)
      ii) Moderate worker (fisher-man, agricultural labourers, driver, electrician, fitter, works, part-time maid, and conductor)
      iii) Heavy worker (manual labourers and housemaid)
   b) How many hours per day you do occupational activities?
      Retired □ Less than 4 hours □
      4-8 hours □ 8-12 hours □ Greater than 12 hours □

6. Stress
   a) Do you feel stress in daily life? Yes □ No □
   i) Mention the type of stress
      Family stress □ Work stress □ Social stress □
      Economic stress □
   ii) Do you have any associated emotions when you are stressed?
      Yes □ No □

D. Anthropometric parameters
   1. Height (cm) : □
   2. Weight (kg) : □
   3. Body mass index : □
   4. Waist circumference (cm) : □
   5. Hip circumference (cm) : □
   6. Waist to Hip ratio : □
E Clinical features

1. Diagnosis: Myocardial infarction ☐ / Ischemic heart disease ☐

2. Do you have diabetes?  Yes ☐  No ☐
   
   If yes, mention the duration in years
   
   Less than 5 years ☐  5-10 years ☐
   10-15 years ☐  15-20 years ☐
   10-15 years ☐  15-20 years ☐

3. Do you have any history of following disease condition?
   
   Hypertension ☐  COPD ☐

4. For females, have you attained postmenopausal status?
   
   Yes ☐  No ☐

5. Do you have any family history of diabetes and hypertension?
   
   Yes ☐  No ☐
   
   If yes, tick the appropriate history
   
   Diabetes ☐  Hypertension ☐

6. Do you have family history of coronary heart disease?
   
   Yes ☐  No ☐
   
   If yes, give the appropriate category: male relative less than 55 years
   
   Father ☐  Brother ☐  Son ☐
   
   Female relative less than 65 years
   
   Mother ☐  Sister ☐  Daughter ☐
7. Specify the signs and symptoms that were faced by you at the time of attack

- Angina with radiating pain
- Nausea, vomiting and unconsciousness
- Chest pain and breathlessness
- Asymptomatic
- Chest pain and sweating

F. Biochemical Assessment

1. Lipid profile

   - Total cholesterol (mg/dl) : 
   - LDL cholesterol (mg/dl) : 
   - HDL cholesterol (mg/dl) : 
   - VLDL cholesterol (mg/dl) : 
   - Triglyceride (mg/dl) : 
   - Total cholesterol/HDL C : 

2. Blood pressure (mm Hg) : Systolic ☐ Diastolic ☐

G. Diet survey

1. Food Habits

   Vegetarian ☐ Non. Vegetarian ☐

2. Mention the frequency of meals consumed per day

   - 2 Meals ☐ 3 Meals ☐ 4 Meals ☐ 5 Meals ☐

3. Are you on a special diet? Yes ☐ No ☐
If yes give reason for diet modification

Modification of foods done:  Liberally used  Restricted use

Cereals and starchy foods
Vegetables
Fruits
Sugar and sweets
Fatty/fried foods
Red meat and egg

4. Mention method of cooking?
   Boiling  Steaming  Frying

5. Mention the use of cooking medium
   Single oil  Combination oil

6. Name of type of fat used for cooking?
   Coconut Oil  Palm Oil  Sunflower Oil
   Ground Nut  Soya Bean  Dalda

7. 24 Hour dietary recall survey

<table>
<thead>
<tr>
<th>Meal time</th>
<th>Menu</th>
<th>Ingredients</th>
<th>Amount or servings (gm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early morning:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Midmorning:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evening tea:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How many grams of fat approximately do you use for cooking in a day?
How many grams of salt approximately do you use for cooking in a day?
1. SERUM CHOLESTEROL

Assay kit is obtained from Randox Laboratories, USA.

Assay Principle

The cholesterol is determined after enzymatic hydrolysis and oxidation. The indicator quinoneimine is formed from hydrogen peroxide and 4-aminoantipyrine in the presence of phenol and peroxidase.

\[
\text{Cholesterol ester} + \text{H}_2\text{O} \xrightarrow{\text{Cholesterol Esterase}} \text{Cholesterol} + \text{Fatty acids}
\]

\[
\text{Cholesterol} + \text{O}_2 \xrightarrow{\text{Oxidase}} \text{Cholestene-3-one} + \text{H}_2\text{O}_2
\]

\[
2\text{ H}_2\text{O}_2 + \text{phenol} + 4\text{-Aminoantipyrine} \xrightarrow{\text{Peroxidase}} \text{quinoneimine} + 4\text{ H}_2\text{O}
\]

Reagent Composition

<table>
<thead>
<tr>
<th>Contents</th>
<th>Initial Concentration of Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-aminoantipyrine</td>
<td>0.03 mmol/L</td>
</tr>
<tr>
<td>Phenol</td>
<td>6 mmol/L</td>
</tr>
<tr>
<td>Peroxidase</td>
<td>$\geq0.5\text{U/ml}$</td>
</tr>
</tbody>
</table>
Cholesterol esterase  0.15U/ml
Cholesterol oxidase  0.1U/ml
Pipes Buffer       80mmol/L; pH6.8

Standard       5.17mmol/L(200mg/dl)

Preparation of Reagent

Reagent

Contents ready for use. The reagent is stable, up to the expiry date, when stored at +2°C to +8°C, in the absence of contamination, protected from light.

Standard

Contents ready for use. Stable up to the expiry date when stored at +2°C to +8°C.

Procedure

1000μl(1ml) reagent is incubated with 10 μl sample for 10 min at 37°C. A standard is also run simultaneously with the test. The final colour is read at 546 nm.

Calculation = \[ \frac{\text{Optic density of test}}{\text{Optic density of standard}} \] \times \text{concentration of standard (200mg)}

References


**TRIGLYCERIDES**

**Principle**

Enzymatic determination of triglycerides according to the following reactions:

- **Lipoprotein lipase**
  
  \[
  \text{Triglycerides + H}_2\text{O} \xrightarrow{\text{Lipoprotein lipase}} \text{Glycerol + Fatty acid}
  \]

- **Glycerol kinase**
  
  \[
  \text{Glycerol + ATP} \xrightarrow{\text{Mg}^{++}} \text{Glycerol-3-Phosphate + ADP}
  \]

- **Peroxidase**
  
  \[
  \text{Glycerol-3-Phosphate} + \text{O}_2 \xrightarrow{\text{Peroxidase}} \text{Dehydroxyacetone phosphate} + \text{H}_2\text{O}_2
  \]

\[
\text{GPO} = \text{Glycerol-3-phosphate Oxidase.}
\]

\[
\text{ADPS} = \text{N-Ethy-N-sulfopropyl-n-methoxyaniline.}
\]

**Reagents Composition**

**Reagent 1:**

- Pipes buffer, pH 7.50 ADPS 50 mmol/L
- ADPS 1 mmol/L
- Magnesium salt 15 mmol/L
Reagent 2:

- Lipoprotein lipase \( \geq 1100 \text{ U/L} \)
- Glycereol kinase \( \geq 800 \text{ U/L} \)
- Glycerol-3-phosphate oxidase \( \geq 5000 \text{ U/L} \)
- Peroxidase \( \geq 350 \text{ U/L} \)
- 4-Aminoantipyrine 0.7mmol/L
- ATP 0.3mmol/L

Standard

- Glycerol (Triglycerides equivalent) 200mg/dL

Precaution

The reagent 1 and the standard contain 0.1% sodium azide.

Stability Of Reagents

When stored at 2-8°C and protected from light, the reagents are stable until the expiry date stated on the label.

Preparation And Stability Of Working Reagent

Dissolve the reagent 2 in the suitable volume of reagent 1.

Stability: 5 days at 20-25°C

6 weeks at 2-8°C

Samples

- Serum / Heparin plasma

Reference Values

<table>
<thead>
<tr>
<th>Male</th>
<th>Value 1</th>
<th>Value 2</th>
<th>Value 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60</td>
<td>165 mg/dL</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.60</td>
<td>1.65 g/L</td>
<td></td>
</tr>
<tr>
<td></td>
<td>0.68</td>
<td>1.88 mmol/L</td>
<td></td>
</tr>
</tbody>
</table>
Female : 40 - 140 mg/dL
0.40 - 1.40 g/L
0.46 - 1.60 mmol/L

Procedure

Wavelength : 546 mm (520-570)
Temperature : 37°C
Cuvette : 1 cm light path

Read against reagent blank.

<table>
<thead>
<tr>
<th>Working Reagent</th>
<th>BLANK</th>
<th>STANDARD</th>
<th>SAMPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working Reagent</td>
<td>1mL</td>
<td>1mL</td>
<td>1mL</td>
</tr>
<tr>
<td>Distilled water</td>
<td>10 µL</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Standard</td>
<td>-</td>
<td>10 µL</td>
<td>-</td>
</tr>
<tr>
<td>Sample</td>
<td>-</td>
<td>-</td>
<td>10 µL</td>
</tr>
</tbody>
</table>

Mix and read the optical density (OD) after a 5 minute incubation at 37°C

C. The final colour is stable for at least 30 minutes.

Calculation

\[
\text{OD sample} \times \frac{\text{concentration of standard (200 mg/dl)}}{\text{OD standard}}
\]

References

3. HDL Cholesterol

Introduction

1. AutoZyme HDL-Cholesterol Precipitating Reagent is for use in conjunction with AutoZyme cholesterol Reagent – for enzymatic determination of HDL-Cholesterol in serum or plasma.

2. Compared to the conventional Ultra-centrifugation method, the precipitation method is simple and time saving; particularly when combined with single-step enzymatic AutoZyme Cholesterol reagent.

Principle

Phosphotungstate/Mg2+ precipitates chylomicrons, LDL and VLDL fractions. High Density Lipoprotein (HDL) fraction remains unaffected in supernatant.

Cholesterol content of HDL fraction is assayed using AutoZyme Cholesterol.

Preparation Of Working Solution

HDL: Cholesterol precipitating Reagent is ready to use as supplied.

Components & Concentration Of Precipitating Reagent

The following components are present:

<table>
<thead>
<tr>
<th>Components</th>
<th>Concentration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phosphotungstic acid</td>
<td>2.4 mMol/L</td>
</tr>
<tr>
<td>Magnesium Chloride</td>
<td>40 mMol/L</td>
</tr>
</tbody>
</table>
Specimen Collection & Preservation

Blood should be collected in a clean dry container. Fasting blood is preferred for HDL-Cholesterol assays.

Plasma should be separated immediately from the cells. For plasma separation any of the following anticoagulants may be used:

- EDTA : 10 mg/mL blood
- HEPARIN : 200 IU/mL blood

HDL-Cholesterol value is stable in serum for 24 hours at 2-8°C and 30 days when stored at -20°C.

Procedure

HDL separation

Pre-warm at room temperature, the required amount of Precipitating Reagent and AutoZyme Cholesterol working solution before use.

Perform the assay as given below.

Pipette as follows:

<table>
<thead>
<tr>
<th>Serum/plasma</th>
<th>0.5mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDL-Precipitating reagent</td>
<td>0.5mL</td>
</tr>
</tbody>
</table>

Mix thoroughly and centrifuge at 4000 r.p.m. for 10 minutes in a common laboratory centrifuge (1800 x g) to obtain a clear supernatant.

HDL Cholesterol determination

Reaction Type………………………….. End-Point

Reaction Time…………………………10 min. at 37°C /30 mins. At R.T.
Wavelength: 510 nm (505-530 nm.)

Zero Setting with: Reagent Blank

Blank absorbance limit: <0.100 Abs.

Sample volume: 0.05mL (50μL)

Reagent volume: 1.0mL

Standard concentration: 50mg%

Linearity: 400mg/dL

Assay procedure

Assay the supernatant for HDL-Cholesterol within two hours after centrifugation using working solution of AutoZyme Cholesterol Reagent.

1.0mL procedure

<table>
<thead>
<tr>
<th></th>
<th>Supernatant</th>
<th>Standard</th>
<th>Blank</th>
</tr>
</thead>
<tbody>
<tr>
<td>AutoZyme Cholesterol</td>
<td>0.05mL</td>
<td>0.05mL</td>
<td>-</td>
</tr>
<tr>
<td>Working Solution</td>
<td>1.0mL</td>
<td>1.0mL</td>
<td>1.0mL</td>
</tr>
</tbody>
</table>

Incubation

Incubate the assay mixture for 10 minutes at 37°C or 30 minutes at room temperature (25°C – 37°C). After completion of the incubation, measure the absorbance of assay mixture against blank at 510nm. Final colour is stable for two hours, if not exposed to direct light.

Calculation

HDL cholesterol in mg% = \( \frac{\text{Absorbance of sample}}{\text{Absorbance of standard}} \times 100 \)
* Factor of 100 (not 50) is used for calculation due to serum dilution during precipitation step.

**Expected values**

30-70mg%, HDL cholesterol

**References**


**Quality control**

To ensure adequate quality control, it is recommended that each batch should include a normal and an abnormal commercial reference control serum. It should be realized that the use of quality control materials checks both instrument and reagent functions together. Factors which might affect the performance of this test include proper instrument function, temperature control, cleanliness of glassware and accuracy of pipetting.
HOMOCYSTEINE

Homocysteine Kit was obtained from Diazyme Laboratories, Canada.

Assay Principle

Homocysteine Microtiter Plate Assay is an EIA -like assay for the determination of tHcy in blood. The assay employs a genetically engineered Homocysteine Binding Protein (HBP) as the capturing agent. Plasma samples are pre-treated in vials with a reducing agent, TCEP, to reduce the protein bound Hcy to free Hcy that is subsequently converted in to S-adenosyl-L- homocysteine (SAH) by SAH hydrolase and quantitated by the HBP in a competition assay between free SAH from samples and tracer SAH-HRP conjugate.

Reagents

1. Reagent A (Assay buffer); 50mM Phosphate buffer

2. Reagent B (Adenosine/TCEP); Adenosine, Tris (2-carboxyethyl)-phosphine hydrochloride (TCEP) Tris buffer.

3. Reagent C (SAH-hydrolase); Recombinant S-adenosyl –L-homocysteine hydrolase, phosphate buffer and glycerol.
4. Reagent D (Enzyme inhibitor); Adenosine analog, phosphate buffer.

5. Reagent E; Adenosine deaminase, phosphate buffer, and glycerol.

6. Reagent F; DEAE-Sephdex in phosphate buffer.

7. Reagent G (Hcy-Binding protein); Diazyme-12A-biotin conjugate, Tris buffer, glycerol.

8. Reagent H; Bovine Reagent Reagent serum album, HRP-SAΗ, glycerol, phosphate buffer, geneticin.l.

9. Reagent I (HRPsubstrate); TMB+(Tetramethylbenzidine).

10. Reagent J (Stop solution) 1M phosphoric acid.

11. Wash buffer; Phosphate buffer, Tween 20.

12. Calibrators; S-adenosyl-L-homocysteine of 2 to 60 μmol/L in human plasma. 0.05 percent NaN3.

13. Microtiter strips; Coated with avidin.

Reagents A, B, C, D, E, F, H, I, J, calibrators and microtiter strips are in ready to use format.

**Specimen Sample:** EDTA blood sample
Reagent Preparation

Reagent ABC Mixture

Prepare Reagent ABC Mixture fresh prior to the start of the assay. Volumes needed per 20 samples (dead volume not included) are:

2.6 ml Reagent A (130 μL per sample)

0.2 mL Reagent B (10 μL per sample)

0.2 mL Reagent C (10 μL per sample)

Mix well using vortex mixer.

Assay

1. To microcentrifuge tubes (e.g. 1.5 –ml Eppendorf tube) add 150μL of Reagent ABC Mixture and 20μL of plasma sample, or calibrator or control. Cap tubes and Vortex well. Incubate 30 min at 37˚ C.

2. Pipette 100μL of Reagent D into each tube. Vortex well. Incubate 10 min at room temperature (18-25 °C).


4. Pipette 100μL of Reagent F into each tube. Vortex well. Incubate 10 min at room temperature (18-25 °C).
5. Pipette 25µL of the above pre-treated sample or calibrator or control solutions (supernatant) from step 4 into the wells of the microtiter plate stripes.

6. Preparation of Reagent G: The provided Reagent G is 101x concentrated solution. Before use, dilute the concentrated Reagent G with the wash buffer (1x). Each test will need 50 µL of the diluted Reagent G. For example, for 20 samples, pipette 20 µL of the concentrated Reagent G into 2.0 ml of the 5-fold diluted wash buffer (1x wash buffer) in a test tube or in a micro centrifuge tube, mix well by vortexing to make Reagent G working solution. The Reagent G working solution should be made just before use.

7. Pipette 50µL of Reagent G working solution into each well containing sample, or calibrator or control. Incubate for 5 min at room temperature, and then add 25µL of Reagent H (at this point, mix the solutions in the wells by tapping the micrometer plate several times). Incubate 30 min at room temperature (18-25 °C). Use the enclosed film to cover the wells and shield the micrometer plate from lights during all incubations.

8. Decant the plate and blot on paper towels. Wash the wells 3 times with 400µL per well of diluted Wash Buffer (1X). Blot the plate on paper towels after each wash (make sure no wash buffer is remaining in the wells).
9. Pipette 100\textmu L Reagent I (room temperature) into each well. Incubate 10 min at room temperature (18-25 °C)(shield from lights).

10. Pipette 100\textmu L Reagent J (Stop Solution) into each well.

11. Shake and read at 450 nm within 15 min. Automatic plate shaker is performed to ensure proper mixing.

**Calibration Curve**

Six calibrators of SAH with concentrations ranging from 2 to 60 \textmu mol/L are provided for construction of a calibration curve for each run of the assay.

**Reference**


Food Frequency Questionnaire

A. General Information

1. Name of the respondent:

2. Address:

3. Name of the Hospital:

4. Age (years):

5. Sex:

<table>
<thead>
<tr>
<th>How Much do you eat or drink?</th>
<th>Quantity</th>
<th>Frequency (Put 'X' in appropriate column)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Days/ Week</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 2 3 4 5 6 7</td>
</tr>
<tr>
<td>1. Milk &amp; Milk Products:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(In Tea/Milky Drinks &amp; in cereals)</td>
<td>1 Cup=200 ml, 1 Tsp=5 gm</td>
<td>1 Tbsp=15 gm, (Gm/No's)</td>
</tr>
<tr>
<td>Milk (Cow) Whole Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3% toned Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2% toned Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skimmed Milk/Skimmed Milk Powder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk (Buffalo)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Curds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter Milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese Creamed (1 slice/20 gm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low fat Cottage Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(1 Cube/ 30 gm)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Fleshy Foods: (Curry/ Fried)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef/Mutton/Pork</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liver/brain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh Fatty Fish (Saradine/ Mackeral/Seer/Tuna)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non Fatty Fish (Nangu/ Kilimeen/Anchovy)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Dried</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish Roe / Prawns/Skuid</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3. **Fats & Oil Seeds:**

- Coconut Oil
- Palm Oil/Safflower Oil
- Ground Nut Oil/Rice Bran Oil
- Soyabean Oil/Sunflower Oil
- Ghee/Dalda/Margarine
- Butter (7 gm - 1 Tspoon)

How often you use deep fried foods?

4. **Nuts and oil seeds:**

- Ground Nut /Cashew/Badam
- Coconut (Scrapings-1/2 Cup / 50Gm / 2 H.ful)

5. **Sugar and Jaggery:**

- Sugar
- Others (Specify)

6. **Cereals:** (S/M/L) Cooked Volume

- Par Boiled Rice
- Chappathi
- Idli/Dosa
- Bread/Corn Flakes/Noodles
- Puttu/Idiyappam/Pathiri
- Others (Specify)

7. **Pulses:** (Cooked Vol)

- Red Gram Dhal/Black gram
- Bengal Gram/Green Peas
- Green Gram
- Horse Gram/Cow Pea/Soya Bean
- Others (Specify)

8. **Green Leafy Vegetables:** (Ckd.V/Bundles)

- Drumstick leaves
- Cabbage/ Keerai
- Coriander Leaves
- Curry Leaves/Fenugreek Leaves
- Others (Specify)

9. **Other Vegetables:** (Ckd.Wt/Raw.Wt.)

- Brinjal
- Ladies Finger
- Snake Gourd
- Pumpkin
- Ash Gourd/ bitter gourd
- Cauliflower/Cucumber
- Drumstick
- French Beans
- Others (Specify)

10. **Roots & Tubers** (Ckd.Vol/Raw.Wt.)

- Potato/Raddish/Sweet Potato
- Carrot/Beet Root
- Onion (Big - 1 - 100 Gm)
- Onion (Small - 7-8Ps. - 25 Gm)
- Garlic (5 No's - 5 Gm)
<table>
<thead>
<tr>
<th>Ginger (1/2&quot;)</th>
<th>Yarn</th>
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<tbody>
<tr>
<td>Tapioca</td>
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<tr>
<td>Others (Specify)</td>
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</table>

### 11. Fruits:

- How many fruits eaten (Raw/Slice/Whole/Juice/Milk Shake) ?
- Apple/Orange
- Banana/Robusta
- Guava
- Pappaya/Pineapple
- Sappota/Mango
- Tomato (Ripe)
- Others (Specify)

### 12. Prepared Foods:

- Pickles
- Biscuits
- Pappad
- Savory Snack: (Mixture / cutlet / Pakavada)
- Samosa/Vada (Dal/Urd)/ Chips)
- Sweet snack (Banana Fry)
- Others (Specify)
- Tapioca chips

- How many times per week you eat & drink Outside?
- Do you take frequent visit to Fast food Centers? (Yes/No)
- Use of Snacks: Cutlet/Puffs/Bonda/Banana Fry/
- Chips/Salt Biscuit
- Lunch Items: Biriyan/Fried Rice/Noodles
- Side Dish: Chilli Chicken, Chicken Masala
- Beef Fry, Pork, Fish Fry
- Break Fast Items: Idli, Dosa, Poori, Poratta/Chappati
- Confectioneries: Icecream/Jam/Jelly
- Milk Sweets: Sandesh, Peda
- Non-Milk Sweets: Jilebi, Ladu
- Areated Beverages: Cola/Sarbath
### Food frequency data

#### Frequency of consumption of various foods

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<tr>
<th>Food Items</th>
<th>Daily</th>
<th>W4</th>
<th>W3</th>
<th>W2</th>
<th>F</th>
<th>M</th>
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</table>

W4 = Weekly 4 times, W3 = Weekly 3 times, W2 = Weekly 2 times, F = Fort nightly, M = Monthly, N = Never
Miscellaneous foods – Pickle, Papad, Mixture, Chips etc.
Reaburn et al. (1979) formula for percentage score of food items in the food frequency questionnaire

Based on the frequency of different food groups in the daily diet of the surveyed families, food use frequency scores were calculated as suggested by Reaburn et al. (1979).

The formula used for the calculation is given below:

\[
\text{Percentage of total score} = \frac{R_1S_1 + R_2S_2 + \ldots + R_nS_n}{N}
\]

\(S_n\) = Scale of rating

\(R_n\) = Percentage of respondents selecting a rating

\(N\) = Maximum scale rating