PROFORMA USED IN DIET SURVEY

Interviewer Name :-

Date and address :-

Family No. :-

General Information :-

Of

Name Head of the family:-

Composition of family :-

Household members and their demographic particulars :-

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Name of the members</th>
<th>Relation to head</th>
<th>Sex</th>
<th>Age</th>
<th>Education</th>
<th>Major occupation</th>
<th>Income per month</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

Total family income /annum :-

Land holding (in acres) :-
**Live Stock of Different Types :-**

<table>
<thead>
<tr>
<th>Cattle</th>
<th>Milch Cattle</th>
<th>Bullocks</th>
<th>Male buffaloes</th>
<th>Milch buffaloes</th>
<th>Sheep</th>
<th>Goats</th>
<th>Poultry</th>
<th>Pigs</th>
<th>Others</th>
</tr>
</thead>
</table>

**Numbers**

**Yield**
(litres/animal)

**Use**

**Hygiene and Sanitary Condition :-**

1) Water Supply :

2) Ventilation :

3) Electricity :

4) Sanitary facilities :

5) Garbage disposal :

6) Cleanliness of surrounding :

Information of Married Women :-

No. of Children born : -
No. of children surviving : -
Miscarriage : -
Still birth : -
Cause of death of family members : -

DIET SURVEY :
A) Common Dietary Pattern :

Morning : -
Mid morning : -
After noon : -
Evening : -
Other : -

B) Food Habits :

a) Vegetarian : -
b) Non vegetarian : -
c) Non vegetarian but usually take vegetarian diet (mixed) : -
C) Method of cooking :-

<table>
<thead>
<tr>
<th>Method</th>
<th>Boiling</th>
<th>Steaming</th>
<th>Frying</th>
<th>Baking</th>
<th>Roasting</th>
<th>Broiling</th>
</tr>
</thead>
</table>

1) Roti
2) Rice
3) Dal
4) Vegetable

D) Special Food Consumed and Avoided :-

<table>
<thead>
<tr>
<th>Groups</th>
<th>Foods Recommended</th>
<th>Food Avoided</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Adults</td>
<td></td>
<td></td>
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<tr>
<td>2) Infants</td>
<td></td>
<td></td>
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<tr>
<td>3) Pregnant women</td>
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<td>4) Lactating women</td>
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<td>5) During illness</td>
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<td>6) Cold</td>
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<td>7) Fever</td>
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<td>8) Dysentery</td>
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<td>9) Other conditions</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Seasons</th>
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<tbody>
<tr>
<td>10) Summer</td>
<td></td>
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<tr>
<td>11) Winter</td>
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<td>12) Mansoon</td>
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</tbody>
</table>
E) Special Food or Receipts Consumed On Festivals And Other Occasions :-


F) Approximate Monthly Expenditure On Food :-

1) Milk and milk product :-

2) Vegetables and fruits :-

3) Groceries :-

4) Others :-

H) Family Diet Survey (3 days)
Weight of Raw Food in Grams :-

<table>
<thead>
<tr>
<th>Food stuff</th>
<th>Cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Rice</td>
<td></td>
</tr>
<tr>
<td>2) Wheat</td>
<td></td>
</tr>
<tr>
<td>3) Jawar</td>
<td></td>
</tr>
<tr>
<td>4) Maize</td>
<td></td>
</tr>
<tr>
<td>5) Other</td>
<td></td>
</tr>
<tr>
<td>6) Processed cereals foods</td>
<td></td>
</tr>
</tbody>
</table>
Food stuff

2) Pulses
7) Whole legumers
8) Bengalgram
9) Black gram
10) Greem gram
11) Khesari dal
12) Red gram
13) Lentil

3) Leafy Vegetable
1) 
2) 
3) 

4) Other Vegetable
1) 
2) 
3) 

5) Roots and Tubers

6) Animal Food
1) Fish
2) Meat
3) Chicken
4) Eggs.
Food stuff

7) Milk and 
   Milk Products
   1) Milk
   2) Curd
   3) Buttermilk
   4) Milk powder
   5) Other

8) Fats & Oil
   1) Dalda
   2) Ghee
   3) Linseed oil
   4) Groundnuts oil
   5) Other oil

9) Sugar
   1) Refined sugar
   2) Jaggary
   3) Honey

10) Condiments
    1)
    2)
    3)
    4)
    5)
Food Stuff

11) Preserved and
    Processed Foods

12) Beverages
    1) Alcoholic beverages
    2) Tea
    3) Coffee
    4) Other

13) Miscellaneous
    1) Betal nut
    2) Betal leaves
    3) Chewing tobacco
    4) Smoking tobacco
NATIONAL NUTRITION MONITORING BUREAU
(Indian Council of Medical Research)

NUTRITION ASSESSMENT SCHEDULE

State: 
District: 
Serial No.: 
Family No.: 
Name of the subject: 
Name of the Father/Guardian: 
Income (per annum): 
Date of birth: 
Sex: Male/Female 
Occupation: 
Age: .... Yrs .... mths. 
Source: Parents/record 

Village: 

ANTHROPOMETRY:
Heights (cms.): 
Weight (kgs.): 
Arm Circumference (cms): 
Head Circumference* (cms): 
Chest Circumference* (cms): 

CLINICAL EXAMINATION:

Sparse 01:
Pigmentation at
knuckles/fingers/toes 24.

Hair: Discoloured 02:
Phrynodermia 25.
Easily plucked 03:
Koilonychia 26.
Moon face 04:
Gums-spongy bleeding 27.
Parotid enlargement 05,
(bilateral, painless) 
Craniotabes 28.

Oedema 06.
Epiphyseal enlargement 29.
Emaciation 07.
Beadings of ribs 30.
Marasmus 08.
Knock knees/bow legs 31.
Conjunctival xerosis 09.
Frontal parietal bossing 32.
Bitot's spots 10.
Teeth: Mottled enamel 34.
Corneal xerosis/Enlargement of spleen 35.
Keratomalacia 11.
Enlargement of liver 36.
Corneal opacity 12.
Soft
Night blindness 13.
Firm
Photophobia 14.
Hard
Anaemia 15.

Nasolabial dyssebacea 16.
Thyroid enlargement 37.
Angular stomatitis 17.
Others 38.
Cheilosis 18.

red & raw 19.

Papillae-atrophic 20.

Tongue:

Papillae-hypertrophic 21.
Pellagra 22.

Crazy pavement dermatosis 23.

* For children below 5 years only.
ADULT CONSUMPTION UNIT COEFFICIENTS (A.C.U.)

It is usual to assess the food requirements of women and children in terms of those of the average man. For this purpose, adult consumption unit coefficients are used.

\[
\begin{align*}
\text{Adult male (moderate worker)} & : 1.2 \\
\text{Adult Female (moderate worker)} & : 0.9 \\
\text{Adolescents 12 to 21 years} & : 1.0 \\
\text{Children 9 to 12 years} & : 0.8 \\
\text{Children 7 to 9 years} & : 0.7 \\
\text{Children 5 to 7 years} & : 0.6 \\
\text{Children 3 to 5 years} & : 0.5 \\
\text{Children 1 to 2 years} & : 0.4 \\
\end{align*}
\]

These coefficients are used for assessing the food requirements of a group of mixed age and sex composition, e.g. a family or groups of families or the entire population of a country. For example, the food requirements of a family consisting of father, mother and 3 children aged 10, 8 and 6 years respectively, in terms of adult consumption units are \( (1.0 + 0.8 + 0.8 + 0.7 + 0.6 = 4.00 \text{ A.C.U.}) \)