

Section 9: Nutrition

Questionnaire

Note:

Consultations with experts have revealed a wide variety of cultural-nutritional patterns in the countries of the Region of the Americas: a fact that makes it difficult to evaluate this aspect. This questionnaire focuses on a group of basic foods that appear in the *recommendation*, which helps facilitate comparison among the countries.

In view of surveillance objectives, quantitative or semi-quantitative questionnaires are not recommended because of their complexity and required time inputs. Surveillance will focus on monitoring patterns and consumption.

9.1	Do you add salt to foods after cooking or when serving them at the table?	1. No, never		<input type="checkbox"/>	
		2. Yes, but infrequently or when I feel that salt is needed		<input type="checkbox"/>	
		3. Yes, always or almost always		<input type="checkbox"/>	
9.2	What types of oils or fats do you use most often in cooking or baking?	1. Vegetable oil	<input type="checkbox"/>	5. Other	<input type="checkbox"/>
		2. Lard or suet	<input type="checkbox"/>	6. Nothing in particular	<input type="checkbox"/>
		3. Butter	<input type="checkbox"/>	7. I don't use any oil or fat when cooking	<input type="checkbox"/>
		4. Margarine	<input type="checkbox"/>		
9.3	What types of oils and fats do you most often use at home to fry foods?	1. Vegetable oil	<input type="checkbox"/>	5. Other	<input type="checkbox"/>
		2. Lard or suet	<input type="checkbox"/>	6. Nothing in particular	<input type="checkbox"/>
		3. Butter	<input type="checkbox"/>	7. I don't use any oil or fat when cooking	<input type="checkbox"/>
		4. Margarine	<input type="checkbox"/>		

The next questions concern foods that you normally eat or drink. Please, tell me how often you eat or drink each. For example, twice a week, three times a month, etc. Remember, I am only interested in the food that you eat—so consider all the foods you eat both at home and on the street

9.4	How often (number of times) do you drink fruit juices like orange, grapefruit, or tomato?	1. Per day	<input type="checkbox"/>	4. Per year	<input type="checkbox"/>
		2. Per week	<input type="checkbox"/>	5. Never	<input type="checkbox"/>
		3. Per month	<input type="checkbox"/>	6. Don't know/hot sure	<input type="checkbox"/>
9.5	Not counting juice, how often (number of times) do you eat fruits?	1. Per day	<input type="checkbox"/>	4. Per year	<input type="checkbox"/>
		2. Per week	<input type="checkbox"/>	5. Never	<input type="checkbox"/>
		3. Per month	<input type="checkbox"/>	6. Don't know/hot sure	<input type="checkbox"/>



9.6	How many servings of vegetables in general and green, leafy vegetables do you ordinarily eat? If you eat vegetables for lunch and at the main meal, this is considered two servings.	1. Per day			4. Per year		
		2. Per week			5. Never		<input type="checkbox"/>
		3. Per month			6. Don't know/not sure		<input type="checkbox"/>
9.7	How many eggs do you ordinarily eat?	1. Per day			4. Per year		
		2. Per week			5. Never		<input type="checkbox"/>
		3. Per month			6. Don't know/not sure		<input type="checkbox"/>
9.8	Are you ordinarily able to get (available in the market) the following foods?		Vegetables	Fruits	Vegetable oil		
		1. Yes, always	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		2. Yes, but occasionally difficult to find	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		3. Yes, but very difficult to find	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
9.9	Do you ordinarily have money or the means to buy the following foods?		Vegetables	Fruits	Vegetable oil		
		1. Yes, always	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		2. Yes, but occasionally difficult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		3. Yes, but very difficult	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
		4. Unable to afford	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

