

# PRIMARY PREVENTION OF TYPE 2 DIABETES IN ARGENTINA

## Food Questionnaire

**Objective:** to know which foods are consumed by our population, in order to design prevention and health promoting programs.

Instructions to complete the survey:



Please record all foods you eat each day for a week.

In this booklet there are 7 sheets to complete one per day.

On each sheet, you should record the total amount of servings of food you ate every day. We appreciate your valuable participation.

The survey is anonymous, but to avoid overlap data from different people and facilitate further analysis, please place the last four digits of your ID in the "identification" field of each sheet. It is important to carefully complete each line (incomplete lines will be discarded).

In the first column (on the left side) you will find the list of foods.

In the second column, if there are any options, you must circle the one you choose (eg.: "regular/light"). If there are no options to select from, please leave the space blank.

The third column shows the reference serving size. Pay special attention because this information will be used to complete the fourth column. In the case of meat, the reference serving size is indicated in the drawing.

In the fourth column please record the total number of servings of each food eaten during the whole day. For example, if you ate 2 candies in the morning and 3 in the afternoon, add them together, writing "5".

If you ate  $\frac{1}{2}$  mignon of bread, enter "1/2". If the amount in the table does not match the amount of food consumed, please calculate it; for example: if you drank 300 cc of soda, enter "1  $\frac{1}{2}$ ". If you ate half a dish of rice at lunch and a dish of noodles at dinner, add them together and enter "1  $\frac{1}{2}$ ". If you didn't eat the food described in that line, enter "0".

The following table lists these examples:

<b>Foods</b>	<b>Type</b>	<b>Une serving equal</b>	<b>Serving/day</b>
Candies		1 unit	5
Bakery bread	regular/unsalted	1 mignon (50g)	$\frac{1}{2}$
Rice, cornmeal, noodles		1 dish	1 $\frac{1}{2}$
Spread cheese	regular/light	1 tsp	0
Soda, juice, jelly	regular/light	1 glass (200cc)	1 $\frac{1}{2}$

Do not forget to write oil and dressing amounts used for cooking and dressings (pasta, potato, sauces, salads, etc).