Appendix 1: Food groups in the Food Frequency Questionnaire

(1) Cereals and lentils
   a. Whole cereals: wheat, millet, buckwheat, pearl millet, maize
   b. Washed cereals: roti (pan bread), sooji, beaten rice, white rice
   c. Whole Lentils: soyabean, whole pulse, sprout, check peas, dry peas, dry beans,
   d. Washed lentils: washed pulse

(2) Fats
   a. Oils: soybean oil, sunflower oil, mustard oil
   b. Milk fat: butter, ghee, tar (milk fat)
   c. Fatty foods: swaari, doughnut, pakauda, malpa, selroti

(3) Fruits and vegetables,
   a. Fruits: papaya, watermelon, pomegranate, mango, banana, lemon,
      grapes, lychee, plum, persimmon, guava, apple, pear, peach, pine apple,
      pomelo, grapefruit, orange, cucumber, carrot
   b. Vegetables: pointed gourd, green leafy vegetables, pumpkin, cabbage,
      broccoli, cauliflower, lady’s finger, chayote, bottle gourd, tomato, egg
      plant, bitter melon, green bean, mushroom, bamboo shoots, jackfruit,
      sponge guard, gundruk (dried greens),
   c. Vegetable roots: sweet potato, potato, yam, radish, turnips, potato, garlic,
      onion
   d. Nuts/seeds: dried fruits, pistachio, walnut, almonds, cashew, peanut

(4) Meat and dairy,
   a. Poultry: egg, chicken with skin, chicken without skin, chicken momo,
   b. Buff: Buff slice, buff momo
   c. Pork: pork slice, pork momo
   d. Mutton: mutton slice, mutton momo
   e. Fish: non fried fish, fried fish
   f. Milk drinks: Milk, Milk tea, Milk coffee
   g. Milk products: cheese, paneer, yogurt

(5) Western foods
   a. Deep fried: Potato chips, French fries
   b. Sausage: chicken sausage, buff sausage, pork sausage
c. Burgers: Chicken burger, veg burger

d. Pizza, pasta, spaghetti

(6) Packaged food

a. Processed cereals: biscuit, cake, white bread, brown bread

b. Noodles: noodles, chowmein,

c. Salty snacks: pickles, dalmot/ bhujia, canned food

(7) High sugar food

a. High sugar beverages: canned juice, fruit juice, Fanta, Sprite, Coke, Pepsi

b. Mildly sweetened beverages: Black coffee, Black tea

c. High sugar food: Ice cream, sweets, chocolate, sugar, jaggary, jam