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NO. 21.

A NOTE ON THE MANAGEMENT AND TECHNIQUE
OF DIET SURVEYS IN INDIA.

Indian Council of Medical Research

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No. 21



सत्यमेव जयते

A Note on the Management and Technique of Diet Surveys in India

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*Co-opted at the 1st meeting of the Sub-Committee held in November, 1950 at Agra.

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APPENDIX A.

QUESTIONNAIRE METHOD OF DIET SURVEY

Name of head of the family.....

Village/Town.....District.....

Ages of the members of the family { Males.....
Females.....

Occupation of the earning member.....

Total income : Weekly/Monthly/Annual.....

(a) How many meals taken { inside
outside

(b) Details of meals taken { 24 hours
48 hours

(c) Vegetarian/Non-vegetarian.

(d) Types, size and frequency of flesh foods (meat, fish, eggs) during one week.

(e) Average quantity of milk taken daily.

(f) Do all members eat flesh foods and/or milk. If not who does not ?

(g) What kind of cereals, pulses and vegetables are eaten generally ? Indicate size.

(h) If butter and ghee taken indicate approximately the total daily intake.

(i) Quantity of sugar and *gur* consumed daily.

(j) Are fruits generally eaten ? Amount and quantity of fruits.

APPENDIX B.

ALL-INDIA INSTITUTE OF HYGIENE & PUBLIC HEALTH, CALCUTTA.

Department of Epidemiology.

Economic Surveys Schedule.

Family No.

Year of Survey

Village
(Code No.)

Expenditure

A. on consumption

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	Home produce		Cash purchase	
	Quantity	Value	Quantity	Value
1. Food (monthly basis)		Rs. a. p.		Rs. a. p.
(i) Cereals				
(ii) Pulses				
(iii) Vegetable				
(iv) Salt & spices				
(v) Sugar & sweets				
(vi) Milk, curd, etc.				
(vii) Butter, ghee, oil				
(viii) Meat, fish, egg, etc.				
(ix) Others				
Total (monthly)				
Total (annual)				

Value
Rs. a. p.

2. Fuel & light (yearly basis)
3. House rent or
House tax "
4. Clothing, bedding
& footwear "
5. Toilets, if any "
6. Furniture "
7. Education "
8. Medical advice
& medicines "
9. Travelling "
10. Ceremonies "
11. Payment for debt
discharge (Principal) "
12. Do. (Interest) "
13. Miscellaneous "

Total

APPENDIX B—(Contd.)

	Quantity					Value		
	Rs.	a.	p.					
B. On production (yearly basis)—								
1. Cattle								
2. Plough repairs, etc.								
3. Land taxes, if any								
4. Irrigation charges, if any								
5. Manure								
6. Labour charges								
7. Seed								
8. Miscellaneous								
				Total				
				Grand Total				
28. *Average annual income <i>per capita</i> in Rs.	-48	-60	-90	-120	-150	-175	-200	
	1	2	3	4	5	6	7	
				-250	-300	-350	over	-350
				8	9	10		11
29. Average annual expenditure <i>per capita</i> in Rs.	-48	-60	-90	-120	-150	-175	-200	
	1	2	3	4	5	6	7	
				-250	-300	-350	over	-350
				8	9	10		11
30. Average annual saving or deficit <i>per capita</i>								
31-32. Index of prosperity		A	B	C	D	E		
	I	1	2	3	4	5		
	II	6	7	8	9	10		
	III	11	12	13	14	15		

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*Note.—Rough work of show, how the figures have been arrived at should be made on the reverse. Income in money and kind should be shown separately and the various sources of income should be clearly indicated, so that use may be made of this information, if necessary.

APPENDIX C.

SCHEDULE OF DIETARY SURVEYS

Name of head of family/institution.....

Village.....District.....State.....

Ages of the members of the family { Male.....
Female.....

Income : Weekly/Monthly/Annual.....

Occupation of earning member.....

INTAKE OF FOOD

Name of Foodstuffs	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	Total	Remarks
CEREALS									
Rice									
Wheat									
Jowar, etc.									
PULSES									
Red gram ..									
Black gram, etc. ..									
ROOT VEGETABLES									
Potato ..									
Raddish ..									
Carrots, etc.									
LEAFY VEGETABLES									
Cabbage ..									
Spinach, etc. ..									
OTHER VEGETABLES									
Brinjal ..									
Lady fingers, etc. ..									

APPENDIX C.—(Contd.)

INTAKE OF FOOD.—(Contd.)

Name of Foodstuffs	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	Total	Remarks
FATS, OILS & GHEE									
Butter Mustard oil, etc.									
MILK & MILK PRODUCTS									
FLESH FOODS									
FRUITS & NUTS									
SUGAR & JAGGERY (GUR)									
CONDIMENTS									
OTHER FOODS									

Special observation on food habits, availability of foods, economic factors, social customs related to foods, etc. Meals eaten outside, etc.

Signature of the investigator.

Period of Survey :
(Give exact date).

APPENDIX D.

Department of Nutrition, Government of Bombay.

Statement showing the total daily issue of foodstuffs for all the inmates, on ten consecutive working days.

(Date : From.....To.....)

Name and address of the Institution :—

Name of Foodstuff	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day	9th day	10th day	Remarks
Rice lbs.											
Wheat lbs.											
Other cereals* lbs.											
Pulses* lbs.											
Leafy vegetables* lbs.											
Root vegetables* lbs.											
Other vegetables lbs.											
Fruits* lbs.											
Sugar and jaggery lbs.											

Vegetable oils/fats	lbs.									
Butter and Ghee	lbs.									
Milk, Curds, etc.	lbs.									
Meat and Fish	lbs.									
Eggs	No.									
Other Foods*										
No. of inmates										

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Total number of inmates : { Men..... ; Boys 1-5 Yrs..... ; 6-11 Yrs..... ; 12-14 Yrs..... }
 { Women ; Girls 1-5 Yrs..... ; 6-11 Yrs. ; 12-14 Yrs..... }

Approximate cost of food purchases per month :

* Please give names in detail.

APPENDIX D—(Contd.)

The menu for ten consecutive working days.

	Serving Time	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day	9th day	10th day
Breakfast (Morning tea, conjee, snacks, etc.)											
Mid-day meal											
Afternoon tea, snacks, etc.											
Evening meal											

To be filled in and returned to :—

The Assistant Director, In-charge Department of Nutrition,
C/o Haffkine Institute, Parel, Bombay 12.

The Sr. Nutritionist's Name :

Signature

Date of study :

Date

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