**Recording Meals Form**

for assessing **adults’** dietary diversity

**Name of the respondent**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Q1**: *Did you eat and drink anything yesterday?* [if YES, proceed to next question]

**Q2**: *Can you please tell me exactly what you ate and drank ….?* [check all options below]

**Always ask what different ingredients the meal/drink contained!** (e.g. porridge with or without milk)

|  |  |
| --- | --- |
| *… before breakfast?* |  |
| *… for breakfast?* |  |
| *… between breakfast and lunch?* |  |
| *… for lunch?* |  |
| *… between lunch and dinner?* |  |
| *… for dinner?* |  |
| *… after dinner?* |  |
| *During the last day or night, did you eat any fruit, vegetables or snacks which you did not mention?* | If yes, specify: ………………………………………………….. |