

How to Use a Food Frequency Questionnaire

Photocopy the form below and use the client's answers to fill it in.

Food frequency questionnaire form

Food item	Average number of servings		Serving size (large, medium, small)
	Per day	Per week	
Meat or chicken			
Fish or seafood			
Eggs			
Milk or milk products			
Fruit or fruit juice			
Green, leafy vegetables			
Yellow or orange vegetables or fruits (sweet potatoes, mangos, pawpaw, pumpkin, carrots, yams)			
Other vegetables			
Roots or tubers (potatoes, cassava)			
Cereals (<i>ugali</i> , bread, rice, biscuits)			
Beans or nuts			
Sugar or honey			
Alcohol			
Sweetened beverages			
Oils or fats			
Coffee or tea			

- List everything the client reports eating or drinking, including snacks, beverages, condiments, and all foods eaten at home or away from home during the past 24 hours.
- Explain to the client the purpose of the food frequency questionnaire. Stress that you will use the information to evaluate the client's diet and then counsel on how to improve it, if necessary.
- When assessing a child, ask the client to try to remember what the child ate or drank during the past day and the past week, including snacks, meals, beverages, and any foods eaten outside the home.