

Appendixes

Appendix I: Food frequency questionnaire in English

This questionnaire will be used for research and working on my diploma thesis in Czech Republic about analyzing the nutrition in Senegal. Filling it will take you about 10 minutes.

Think about your diet over the past three months, please select the responses that best describe how often you eat each type of food and how much of it you eat at a time. Select only the most often frequency and serving size per row.

Over the past month, how often did you eat the following?							What was your usual serving size, relative to the following?			
	Never	Less than once a week	1-3 times per week	4-5 times per week	1 time per day	2-3 times per day		4 or more times per day	1	½ or less
Fruit (mangoes, apples, oranges etc.)							½ cup raw fruit, ½ mango or large orange			
Vegetables (carrot, salad etc.)							½ cup cooked or raw, 1 carrot			
Tubers (potato, cassava etc.)							1 small potato			
Chicken (fried chicken, in soup, grilled etc.)							100g, ½ large breast, 1 small breast, 2 drumsticks			
Turkey (fried turkey, in soup, grilled etc.)							100g, 6-8 very thin slices, 1-3 thick slices			
Fish (tuna, tilapia, sardines etc.)							100g, 1 can of tuna or sardines			
Seafood (shrimps, mussels etc.)							100g, 10 medium shrimps			
Beef (Steak, minced meat, jambon etc.)							100g, a piece about the size of your palm			
Pork (steak, soup, ham etc.)							100g, a piece about the size of your palm			
Other meat (lamb, duck, venison etc.)							100g, a piece about the size of your palm			
Nuts (peanuts, cashew nuts, almonds etc.)							¼ cup, 1 handful, 25 peanuts or 2 tablespoons of peanut butter			
Beans (niébé, peas, etc.)							½ cup of cooked beans, 2 handfuls of beans			
Dairy (milk, cheese, yoghurt etc.)							1 glass of milk, 1 cup of yoghurt, 3 slices of cheese			
Eggs (omelet, in salad, baked etc.)							1 egg, ¼ cup omelet			
Grains (bread, rice, pasta etc.)							1 slice of bread, ½ cup of rice or pasta			
Sweets (candies, cookies, cakes etc.)							1 slice of cake, 2 cookies			
Soft drinks (water, juice, coca-cola, etc.)							1 can of soda (350 ml)			
Coffee and tea (ataya, Touba coffee etc.)							1 small cup of Touba coffee, ¾ cup of coffee, 1 glass of ataya			

1. Your gender?

- a) Male
- b) Female

2. Your age?

- a) under 20
- b) 20-29
- c) 30-39
- d) 40-49
- e) over 50

3. Your weight (in kilograms) :

.....

4. Your height (in meters) :

.....

5. How many meals do you eat per day?

- a) less than 1 per day
- b) 2 per day
- c) 3 per day
- d) 4 per day
- e) more than 5 per day

6. How do you usually prepare your food? Please circle it.

- | | |
|----------|----------|
| frying | boiling |
| sauteing | roasting |
| grilling | steaming |

7. What type of drinks do you prefer?

- a) water
- b) soft drinks
- c) tea
- d) lemonade
- e) other

8. Which type of oil do you often use? You can choose more answers.

- | | |
|-----------|-----------|
| soya | peanut |
| coconut | corn |
| sunflower | macadamia |
| olive | linen |
| palm | rapeseed |
| sesame | mustard |

Other and which one:

9. How many glasses (250 ml) of liquids (water, soft drinks, tea,..) you drink per day?

- a) 2
- b) 4
- c) 6
- d) 8
- e) 10 or more

10. How often do you drink alcohol?

- a) never
- b) once a month or less
- c) 2 to 4 times a month
- d) 2-3 times a week
- e) 4 or more times a week

11. What type of alcoholic beverages do you prefer?

- a) beer
- b) wine
- c) spirits with more than 15% alcohol
- d) do not drink

12. How many km do you walk per day?

- a) Less than 1 km
- b) 1-4 km
- c) 4-6 km
- d) more than 6 km

13. Do you smoke?

- a) Yes, regularly
- b) Yes, sometimes
- c) No/Never

**14. Did you or your close relative ever suffer from one or more diseases listed down below?
Please circle it.**

Diabetes mellitus I

Stroke

Diabetes mellitus II

Chronic obstructive pulmonary disease

Ischemic heart disease

Cancer

Lower respiratory infections

Tuberculosis

Hypertensive heart diseases

Lactose intolerance

Kidney diseases

Celiac disease

Cirrhosis

Crohn's disease/Ulcerative colitis

None of above

Thank you for your time, which you spent with the questionnaire. Your opinion is very important for my research.

Appendix 2: Table of selected foods with code from USDA database and values

Food group	Selected food	Energy (Kcal)	Protein (g)	Carbohydrates (g)	Lipids (g)	Fiber (g)	Sugar (g)	Calcium (mg)	Iron (mg)
Fruit	Mango (9176) (100g)	60	0.82	15	0.38	1.6	13.7	11	0.16
Vegetables	Carrot (73101010) (100g)	41	0.93	9.58	0.24	2.8	4.74	33	0.3
Tubers	Potato (11352) (100g)	77	2.05	17.5	0.09	2.1	0.82	12	0.81
Chicken	Chicken (5006) (100g)	215	18.6	0	15.1	0	0	11	0.9
Turkey	Turkey (5165) (100g)	144	21.6	0.14	5.64	0	0.07	11	0.86
Fish	Yaboy (<i>Sardinella aurita</i>) (1098981) (100g)	208	24.6	0	11.4	0	0	382	2.92
Seafood	Shrimps (15270) (100g)	85	20.1	0	0.51	0	0	64	0.52
Beef	Beef (23461) (100g)	177	20.6	0	10.6	0	0	5	1.84
Pork	Pork (10218) (100g)	120	20.6	0	3.53	0	0	6	0.97
Other meat	Goat (17168) (100g)	109	20.6	0	2.31	0	0	13	2.83
Nuts	Peanuts (16087) (100g)	567	25.8	16.1	49.2	8.5	4.72	92	4.58
Beans	Cowpeas (16060) (100g)	343	23.8	59.6	2.07	10.7	3	85	9.95
Dairy	Whole milk (1211) (244g)	149	7.69	11.7	7.98	0	12.3	276	0.73
Eggs	Eggs (1123) (44g)	62.9	5.54	0.317	4.18	0	0.163	24.6	0.77
Grains	Bread (18064) (100g)	274	10.7	47.5	4.53	4	5.73	125	3.6
Sweets	Milk biscuits (53241500) (100g)	464	5.35	67.3	19.6	1.3	27.3	35	2.24
Soft drinks	Orange juice (61210000) (248g)	119	1.69	28.3	0.298	0.744	20.6	139	0.322
Coffee and tea	Coffee (92101000) (240g)	2.4	0.288	0	0.048	0	0	4.8	0.024

Food group	Selected food	Magnesium (mg)	Sodium (mg)	Zinc (mg)	Vitamin A (µg)	Vitamin C (mg)	Vitamin D (µg)	Vitamin E (mg)	Cholesterol (mg)
Fruit	Mango (9176) (100g)	10	1	0.09	54	36.4	0	0.9	0
Vegetables	Carrot (73101010) (100g)	12	69	0.24	835	5.9	0	0.66	0
Tubers	Potato (11352) (100g)	23	6	0.3	0	19.7	0	0.01	0
Chicken	Chicken (5006) (100g)	20	70	1.31	41	1.6	0.2	0.3	75
Turkey	Turkey (5165) (100g)	25	112	1.78	17	0	0.3	0.09	72
Fish	Yaboy (<i>Sardinella aurita</i>) (1098981) (100g)	39	307	1.31	32	0	4.8	2.04	142
Seafood	Shrimps (15270) (100g)	35	119	1.34	90	0	0.1	0	161
Beef	Beef (23461) (100g)	19	49	5.22	10	0	0	0.49	58
Pork	Pork (10218) (100g)	27	52	1.87	0	0	0.3	0.22	65
Other meat	Goat (17168) (100g)	0	82	4	0	0	0	0.34	57
Nuts	Peanuts (16087) (100g)	168	18	3.27	0	0	0	8.33	0
Beans	Cowpeas (16060) (100g)	333	58	6.11	2	1.5	0	0.22	0
Dairy	Whole milk (1211) (244g)	24.4	105	0.903	112	0	0.244	0.171	24.4
Eggs	Eggs (1123) (44g)	5.28	62.5	0.568	70.4	0	36.1	0.462	164
Grains	Bread (18064) (100g)	41	473	1.04	0	0	0	0.19	0
Sweets	Milk biscuits (53241500) (100g)	13	385	0.43	7	0	0	3.07	12
Soft drinks	Orange juice (61210000) (248g)	27.3	4.96	0.174	4.96	83.3	0.992	0.496	0
Coffee and tea	Coffee (92101000) (240g)	7.2	4.8	0.048	0	0	0	0.024	0

Appendix 3: Graphic representation of selected nutrients in food groups







