Supplementary material

7-Days Food Frequency Questionnaire with estimated reference values in grams for one serving and relevant food labels in Mosby's Nutritrac nutrition								
				How often did you eat in the last 7 days				For Calculations	
Food Category	**Food Groups**	**Food Label in Mosby's Nutritrac nutrition analysis**	**Estimated amount in grams for one serving**	**Do you eat this food**	**No of days in a week when this food item is eaten**	**On the days when you eat this food how many times in a day you eat it**	**No of servings eaten at one occasion**	**Number of one serving calculated**	**Weight of one serving calculated**
				Y/N					
MEAT	Beef	Gravy Beef	100 g						
	Mutton/Lamb	Lamb, Meat and Fat Cooked	100 g						
	Chicken	Gravy, Chicken, Cooked	100 g						
	Oil or Ghee	Oil, vegetables, canola	100 ml						
FISH AND POULTRY	Fish	Fast Food Fish	100 g						
	Prawns/Shrimps	Prawn	100 g						
	Eggs	Egg and Bread	100 g						
PULSES	Bean	Bean	193 g						
	Lentils	Lentils	198 g						
CEREALS	Rice (Cooked)	Rice, white, Long-grain	158 g						
	Pasta/Noodles	Pasta, Homemade, with Egg	128 g						
	Bread	Bread, Mixed-grain	28.4 g						
	Potato	Potato, Homemade	75 g						
DAIRY PRODUCTS	Whole Milk	Milk	244 ml						
	Milk without cream	Milk substitute	244 ml						
	Milk dessert	Pudding, Vanilla	313 ml						
	Cream	Cream and Milk	3 ml						

	Yogurt	Frozen Yogurt	170 ml							
	Lassi	Yogurt, Plain, Whole Milk	170 ml							
	Salty lassi	Yogurt, Skim Milk	170 ml							
FATS	Margarine	Margarine, Regular w/salt	14.2 g							
	Butter	Butter with Salt	14.2 g							
SNACKS	Fried Snacks	Chips, Potato,	117 g							
	Processed Food items	Cheese Spread, Processed	78 g							
VEGETABLES	Raw vegetables	Vegetables, Mixed	91 g							
	Cooked vegetables	Vegetables, Mixed	91 g							
FRUITS	Fresh Fruits	Fruit Salad, Juice Pack	249 g							
SWEETS	Chocolate	Cookies, Wafers, Chocolate	24 g							
	Pakistani desserts	Raisins, Chocolate, Milk,	30 g							
	Bakery products	Biscuits, Plain or buttermilk	30 g							
BEVERAGES	Fresh fruit juices	Juice, Tropical Fruits	250 ml							
	Soft drinks	Coca Cola	250 ml							
NUTS	Seasonal Nuts	Almonds, Dry Roasted	29 ml							