**Additional file 2: Seven day Food Frequency Questionnaire**

How often have you on average had the following in the past one week? (Please tick)

|  |  |
| --- | --- |
| Food item | Frequency |
|  |  *>* 6 times a week |  5 times a week |  4 times a week |  3 times a week |  2 times a week |  once a week | not at all |
| Tuo Zaafi (made from corn/millet flour) |  |  |  |  |  |  |  |
| Banku (made from fermented corn and/cassava dough) |  |  |  |  |  |  |  |
| Fufu (pounded yams/cassava) |  |  |  |  |  |  |  |
| Kenkey (made from fermented corn dough) |  |  |  |  |  |  |  |
| Rice and beans |  |  |  |  |  |  |  |
| Jollof (boiled rice with stew) |  |  |  |  |  |  |  |
| Fried rice  |  |  |  |  |  |  |  |
| Rice balls |  |  |  |  |  |  |  |
| Plain rice |  |  |  |  |  |  |  |
| Yam (fried or boiled) |  |  |  |  |  |  |  |
| Sweet potato |  |  |  |  |  |  |  |
| Plantain  |  |  |  |  |  |  |  |
| Bread  |  |  |  |  |  |  |  |
| Biscuits  |  |  |  |  |  |  |  |
| Mashed kenkey |  |  |  |  |  |  |  |
| Maasa (fried corn dough) |  |  |  |  |  |  |  |
| Porridge |  |  |  |  |  |  |  |
| Fula (made from millet dough) |  |  |  |  |  |  |  |
| Zimkuom (local drink made from corn/millet flour) |  |  |  |  |  |  |  |
| Sobolo (Roselle drink) |  |  |  |  |  |  |  |
| Meat (cow, goat, sheep) |  |  |  |  |  |  |  |
| Fish and seafood |  |  |  |  |  |  |  |
| Poultry  |  |  |  |  |  |  |  |
| Egg |  |  |  |  |  |  |  |
| Milk  |  |  |  |  |  |  |  |
| Yoghurt  |  |  |  |  |  |  |  |
| Waagashie (local cheese) |  |  |  |  |  |  |  |
| Soya/soy kebab (soya beans) |  |  |  |  |  |  |  |
| Chocolate  |  |  |  |  |  |  |  |
| Pineapple  |  |  |  |  |  |  |  |
| Watermelon  |  |  |  |  |  |  |  |
| Apple  |  |  |  |  |  |  |  |
| Orange  |  |  |  |  |  |  |  |
| Mango  |  |  |  |  |  |  |  |
| Banana  |  |  |  |  |  |  |  |
| Avocado /pear  |  |  |  |  |  |  |  |
| Pawpaw  |  |  |  |  |  |  |  |
| Shea fruit  |  |  |  |  |  |  |  |
| Date (date fruit) |  |  |  |  |  |  |  |
| Berries (all kinds) |  |  |  |  |  |  |  |
| Soft drinks (coca cola, plastic coloured soft drinks) |  |  |  |  |  |  |  |
| Fan milk |  |  |  |  |  |  |  |
| Fan choco  |  |  |  |  |  |  |  |
| Tea  |  |  |  |  |  |  |  |
| Coffee  |  |  |  |  |  |  |  |
| Poha (local tamarind drink) |  |  |  |  |  |  |  |
| Honey  |  |  |  |  |  |  |  |
| Energy drink (5 star, Rush etc) |  |  |  |  |  |  |  |
| Malts (guinness, Rasta, Magic, etc) |  |  |  |  |  |  |  |
| Bear (local pepper drink) |  |  |  |  |  |  |  |
| Fruit juice (packed) |  |  |  |  |  |  |  |
| Traditional vegetables vegetables (bra leaves (*Hibiscus sabdariffa*), *ayoyo* leaves (*Corchorus olitorius*), *aleefu* (*Amarantus sp*.), tomato, red hot pepper, onions, baobab leaves (dry), okro (fresh fruits, fruit powder)) |  |  |  |  |  |  |  |
| Exotic vegetables (cabbage, lettuce, broccoli, carrots etc) |  |  |  |  |  |  |  |
| Sweets (toffee, gum etc) |  |  |  |  |  |  |  |
| Peanut (roasted, soup)  |  |  |  |  |  |  |  |
| Cow pea (koose, boiled) |  |  |  |  |  |  |  |
| Adowa (pigeon pea) |  |  |  |  |  |  |  |
| Bambara beans  |  |  |  |  |  |  |  |
| Palm nut  |  |  |  |  |  |  |  |
| Coconut  |  |  |  |  |  |  |  |
| Fats and oils (frytol, shea butter etc) |  |  |  |  |  |  |  |