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Subject: Nutrition of children & adults

Posted by [Mahir](#) on Mon, 25 Sep 2023 08:42:23 GMT

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Dear DHS team,

I wanted to ask, what kind of questionnaire have you used for collecting data on foods and liquids consumed by children in the DHS? Is it 24H recall survey or FFQ? I want to calculate the food consumption of children in grams/day. Also the portion sizes for each food you have data on, are they the standard portion sizes? Is there detailed information on the portion sizes that I can use for calculation of food consumption of children in grams/day?

Thank you for your help

Best  
Mahir

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Subject: Re: Nutrition of children & adults

Posted by [Janet-DHS](#) on Wed, 27 Sep 2023 13:30:30 GMT

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Following is a response from DHS staff member, Tom Pullum:

The questionnaires are given in an appendix to the final reports (the only exceptions I know of are the NFHS-4 and -5). The Guide to DHS Statistics (<https://www.dhsprogram.com/Data/Guide-to-DHS-Statistics/index.cfm>) includes much discussion of the measurement of feeding practices for infants, young children, and adults. The GitHub programs (<https://github.com/DHSProgram>) for the standard nutrition tables describe the construction of indicators. The nutrition chapters in the reports also describe the indicators.

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Subject: Re: Nutrition of children & adults

Posted by [AnneMarieNA](#) on Wed, 29 May 2024 13:51:02 GMT

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Most websites today list their recipe ingredients, so you learn both how to cook and know what exactly you are entering to your body (in terms of calories and so on). One site I would recommend to teach cooking from scratch is 10 Minute Goodies. You can google it or simply enter via [10minutegoodies.com](https://10minutegoodies.com)

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