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Centar Izuzetne Vrednosti
u oblasti istraživanja ishrane i metabolizma
Centre of Research Excellence
in Nutrition and Metabolism



DIET ASSES PLAN – DAP platform as a Dietary Assessment Tool

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Brussels City Centre (BE), Friday 8th April 2016

www.capnutra.org



Republic of Serbia
University of Belgrade
Institute for Medical Research

Introduction



- The internationally recognised indicators and harmonized methodological approach are important for the monitoring and evaluation at national/international level.
- Implementation of the commitments of **WHO European Food and Nutrition Action Plan 2015-2020** & **FAO/WHO International Conference on Nutrition (ICN2) - Rome Declaration through the Framework for Action (FFA)** will contribute to ensuring accountability and monitoring progress of global nutrition targets and priority indicators .
- Research infrastructure (RI) and capacity for nutrition data collection and analysis, need to be improved in the region of Central and Eastern Europe (CEE) and Balkan region for the effective nutrition surveillance.

Objective was to design and develop the
DIET ASSESS & PLAN (DAP) platform for
standardized and harmonized food consumption
collection, **comprehensive dietary intake**
assessment and nutrition planning.





ATLAS NAMIRNICA I GOTOVIH JELA SA BALKANSKOG PODRUČJA



Srbija, Beograd 2014

28 FCDBs



Allow to use all European FCD sets available by EuroFIR

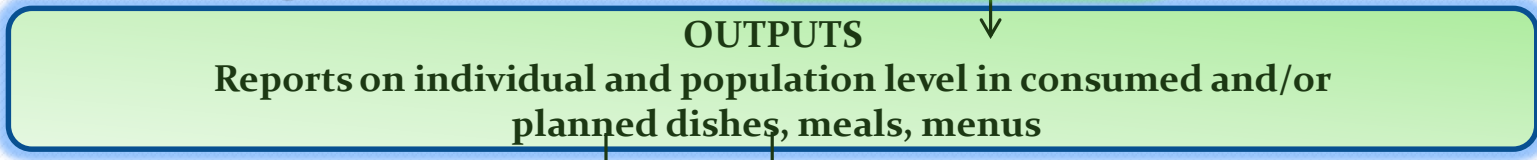
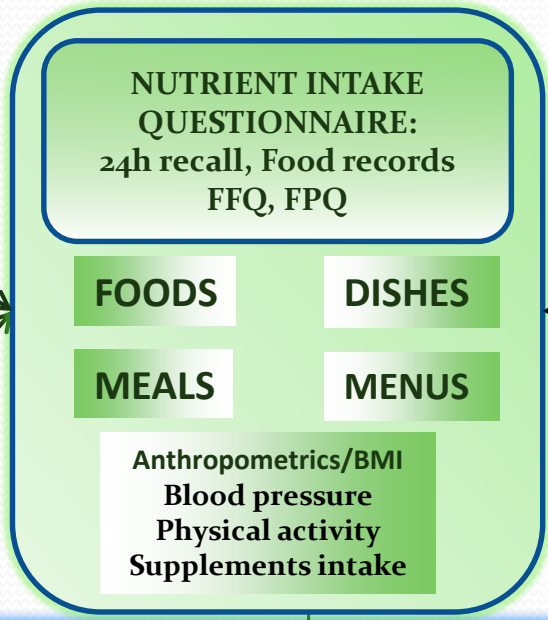


SERBIAN FCDB

FCDM



Balkan Food Platform Regional FCDB



DIETARY PATTERNS-
Food consumption / food groups / EuroFIR - EFSA classification / % contribution TE

NUTRIENT INTAKE ASSESSMENT - Energy, macro - (%TE) and micronutrient intake & contribution of food groups sources to total intake

NUTRITIONAL STATUS AND ADEQUACY ASSESSMENT- Macro-, Micronutrient & Energy adequacy assessment according to recommendations

Diet modelling /planning

Food design & reformulation

Nutrition declarations

% contribution TE

recommendations

Advanced software is designed for data collection from standard food consumption questionnaires

General information about participant:

- Age, gender, determinants of SES, illnesses, info about specific diet ect.



- Anthropometric parameters, blood pressure measurements, supplements intake



- Physical activity



Standard food consumption questionnaires

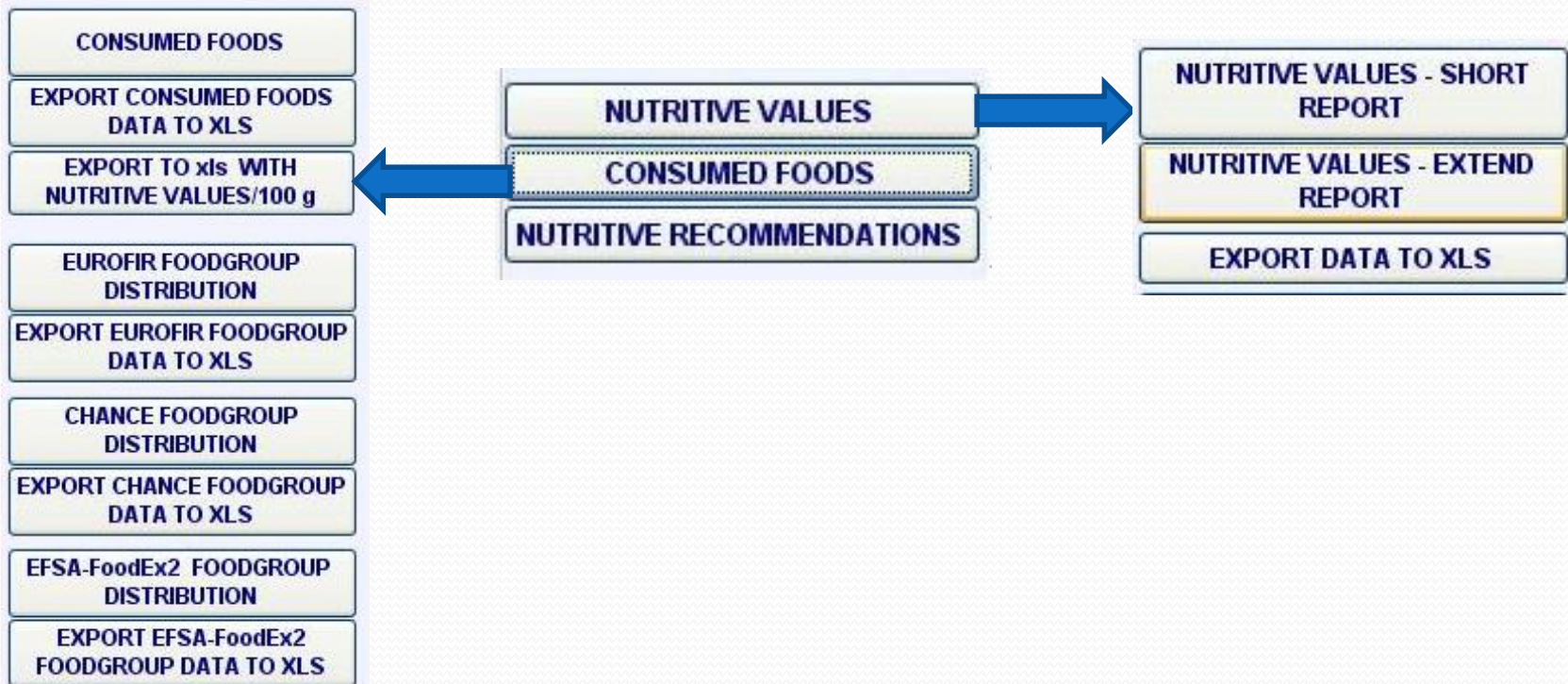
- 24-h dietary recalls (24HDR)
- Food Frequency Questionnaire (FFQ)
- Food Records
- Food Propensity Questionnaire (FPQ)
- Dietary Diversity Questionnaire (DDQ - MDD)



Comprehensive calculations, including these datasets, enable broad diet evaluation on both individual and population level



DIET & ASSES PLAN-DAP Interface



DIET ASSES & PLAN-DAP features:

- DIET ASSESS & PLAN is a nutritional tool - **evaluated in EFSA ring trial** - which allows extensive diet evaluation.



- Unique structure of DAP software **enables application of all national Food composition data bases (FCDBs) from the EuroFIR** Food Composition Exchange Platform (**28 national database** – indexed by LanguaL and FoodEX2 coding system, on national and English language, described with photos and portion sizes), including West Balkan Regional and Serbian FCDB.

Diet Assess & PLAN features:

1. Food labeling

1st step: Choose the food/dish 2nd step: Select nutrients which should be on the label 3rd step: Print the label

DISH / RECIPE PREPARATION LABELING - NUTRITIVE VALUES

CO
DISH/RECIPE NAME
NAZIV GOT. JELA - e
H / RE
PERSON No / I
PREPARATION METHOD

Portion size:
Portion size:

No	Food Code	
1	1657	Pirinac, t
2	2854	Jaje, kok
3	2604	Svinjsko
4	3049	Biber u z
5	2956	Paprika i
6	2750	Ulje, sun
7	1070	So, stona
8	1906	Luk, crni
9	3716	Zelje, sve

Total amount (g)
Total amount with calculated rank (g)
Portion size / person


F3 - select FOOD ITEM from

LABELING - NUTRITIVE VALUES

Print Preview

Naziv: Sarmice od zelja / Green rolls
Proizvedeno in: Serbia Proizvodjac:

Nutritivne vrednosti / 100 g			% RDA
carbohydrate	6.3545	g	
energy, total	164.492747	kcal	
fat, total (total lipid)	10.59652	g	
iron, total	1.830982	mg	
fibre, total dietary	1.38078	g	
sodium	188.40646	mg	
protein, total	8.96323	g	
vitamin A; retinol	0.096439	RE	
vitamin D	0.0966	ug	
vitamin E;	0.286336	mg	
vitamin K, total	0.3195	ug	



2. Daily menu planning and long term diet design applicable on specific group (age, gender, SES...)



Menu Code	Menu
0001	JELOVNIK - Pone
0003	JELOVNIK - Sred
0004	JELOVNIK - Cetvr
0005	JELOVNIK - Petak
0006	JELOVNIK - Subo

THESAURY - TABLES

MICRO / NUTRIENTS UNITS EUR

COOKING METHODS DISH /

Menu Group Code	Menu Gr
01	Menus for preschool c
02	Menus for pregnancy
03	Menus for elder popula
04	Menus for low income
05	Menus for imigrants
06	Menu for adults

No

1

2

3

Total

'F

MENU

Print Preview

100%

LISTA SASTOJAKA - MENI

MENU CODE: 0005
MENU NAME: JELOVNIK - Petak
MENU GROUP: Menu for adults
PORTION SIZE: 1772.08

SIFRA I NAZIV SASTOJAKA	1,772.08 g
1 0005 DORUCAK - Petak / BREAKFAST - Friday	450.000
1034 Sok od narandze, svezi / Orange juice, fresh	200.000
1743 Pirincane pahuljice / Rolled rice	150.000
2125 Breskva / Peach, raw	100.000
2 0012 RUCAK - Petak / LUNCH - Friday	965.200
3642 Koljivo- kuvano zito / Cooked wheat	965.200
0671 Orah, suvi / Walnut, dried	362.819
2951 Karanfilic / Clove	7.239
1636 Psenica zmo, meka / Wheat grain, soft	362.819
3464 Muskatni orah, mleveni / Nutmeg, ground	7.239
2858 Secer / Sugar	181.361
3709 Vanil secer / Vanilla sugar	36.292
2950 Cimet / Cinnamon	7.239
3 0019 VECERA - Petak / DINNER - Friday	356.880
/	156.880
/	200.000

* Double click on the header of column

3. Foods design/reformulation

➤ What would be the nutrient content of the specific food if the fortification or any other reformulations are applied?

➤ What would be the **impact on nutrient intake** –
MODELING - PREDICTIONS



4. Nutrient intake adequacy assessment according to selected nutrient recommendations (on individual and population level)

DIET ASSESS

THESAURY - TABLES

COOKING METHODS DISH / RECIPE GROUPS MEAL GROUPS MENU GROUPS POPULATION GROUPS INTERVIEWERS

MICRO / NUTRIENTS UNITS EURRECA - NUTRIENT RECOMMENDATIONS **TYPES OF RECOMMENDATIONS** SPECIAL CONDITIONS COUNTRIES

Measure Type Code	Measure Type Description
EAI	Estimated value for Adequate Intake
EAI(AI)	Estimated value for Adequate Intake (AI)
EMI	Estimated value for Minimum Intake
RNI	Recommended Nutrient Intake (RNI)
RNI (EV)	Recommended Nutrient Intake (RNI); Estimated va
AI	AI
AR	Acceptable range
INL97,5	INL97,5
AAI	Adequate Area of Intake
AI-1	Adequate Intake
RA	Recommended amount
-	NULL
RI	Recommended Intake (RI)
ADAA	Acceptable daily amount of absorption
RDAA	Recommended daily amount of absorption
MG:KG	mg / kg bodyweight
ARI	Acceptable Range of Intake
PRI	Population Reference Intake (PRI)
RGPUFA	Requirement per gram PUFA
S-MI	Suggested maximum intake
S-i	safe intake
NA	not applicable
RDA-dn	Recommended Dietary Allowance (DP=Daily Need

REFRESH DATA FROM INTERNET

INSERT NEW DATA

EDIT DATA

DELETE DATA

PRINT

EXPORT DATA TO XLS FORMAT

BACK

* Double click on the header of column to sort the data in it, *To search for the certain entry select the column and start typing

5. A new addition to Serbian FCDM and DAP platform : Minimum Dietary Diversity Indicator - Women (MDD-W)

- Dietary diversity is strongly associated with micronutrient adequacy and is thus an essential element of diet quality.
- Minimum Dietary Diversity Indicator - Women (MDD-W) is a dichotomous indicator recognized as adequate for global diet assessment and simple proxy indicator for global use in assessing the micronutrient adequacy of women's diets.
- In order to exclude food groups that were consumed in very small amounts, a 15 g (approximately 1 tablespoon) restriction has been introduced and it applies to the entire food group for the full day (and not to individual foods within a group)
- **A cut off of 5 or more food groups has been established to indicate minimum dietary diversity**
- Therefore women who consume foods from at least five out of ten outlined food groups have a higher likelihood of micronutrient adequacy

Minimum Dietary Diversity Indicator - Women (MDD-W)

This indicator is based on 10 food groups (FGI-10R) and will be used for the analyses of 24h recalls from surveys of women of reproductive age

MDD-W food groups	
1. All starchy staple foods	6. Eggs
2. Beans and peas	7. Vitamin A-rich dark green leafy vegetables
3. Nuts and seeds	8. Other vitamin A-rich vegetables and fruits
4. Dairy	9. Other vegetables
5. Flesh foods	10. Other fruits

*Vitamin A- rich foods are defined as having >60RAE/100g (based on definition of Codex Alimentarius)

A new addition to Serbian FCDM and DAP: Minimum Dietary Diversity Indicator - Women (MDD-W)



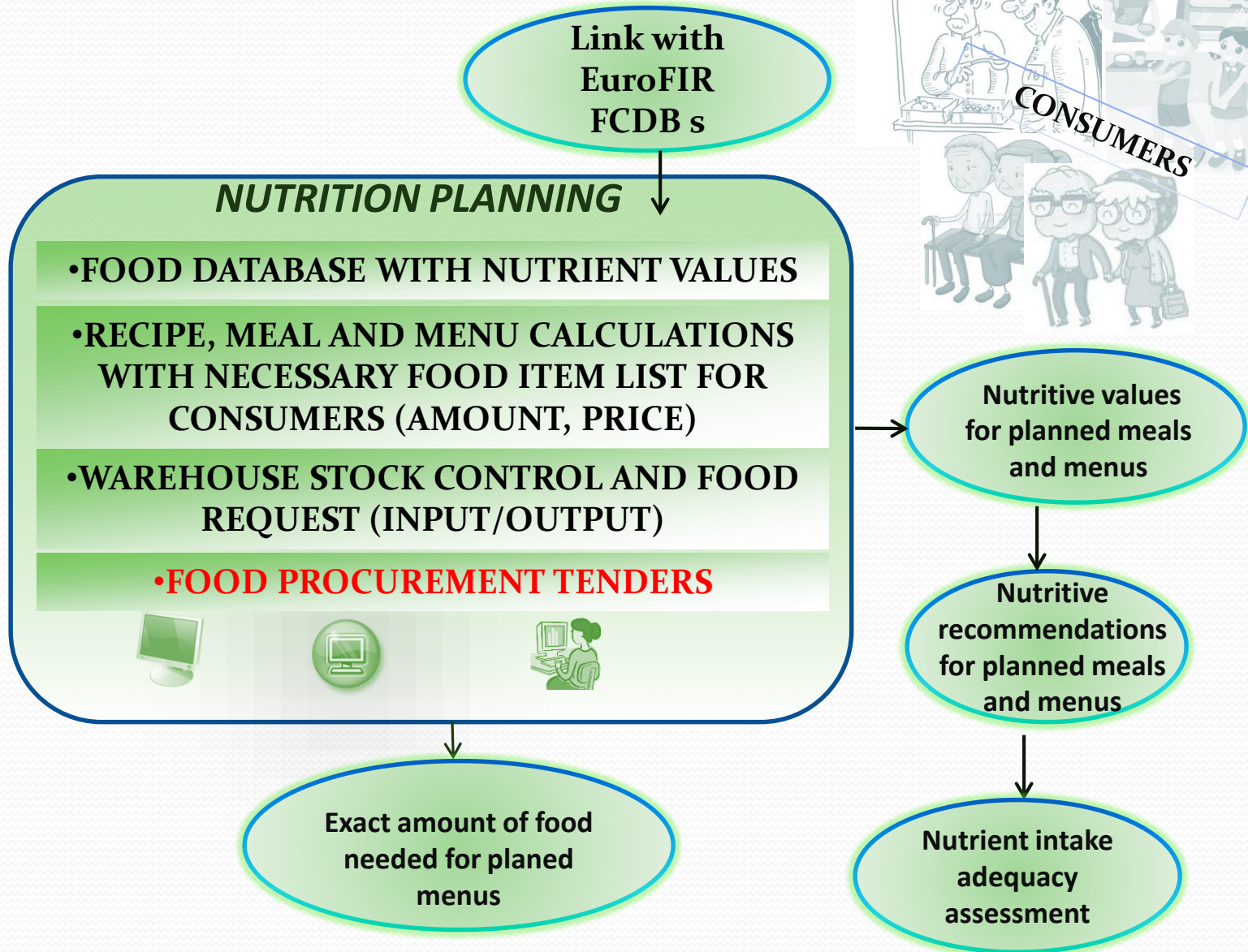
FOODS

EuroFIR
European Food Information Resource

CODE	NAME	NAME (ENGLISH)	COUNTRY	MDD GROUP	FOOD GROUP	PIECE WEIGHT	MM	ORIGIN	EFSA CODE
0018	Badem oljusteni suvi	Almonds, blanched, dried	Serbia	Nuts and seeds	NUT_SEED_OR KERNEL PRODUCT	0.0000 g	V	V	Almonds sweet
0049	Bomboni vocni	Fruit candy	Serbia	Not defined	SUGAR_OR_SUGAR PRODUCT	100.0000 g	V	V	Candies
0147	Dzem mesani	Jam mixed fruit (average value)	Serbia	Other fruits	FRUIT_OR_FRUIT PRODUCT	100.0000 g	V	V	Jam, mixed fruit
0250	Jabuka sveza	Apple, whole, raw	Serbia	Other fruits	FRUIT_OR_FRUIT PRODUCT	90.0000 g	V	V	Hen eggs, cooked with
0257	Jabuka-mesnati deo, sveza	Apple, pilled, raw	Serbia	Other fruits	FRUIT_OR_FRUIT PRODUCT	77.0000 g	V	V	Apples (p)
0280	Jaje kokosije-zumance	Egg yolk, hen, raw	Serbia	Eggs	EGG_OR_EGG PRODUCT	100.0000 p	A	A	Hen egg yolk
0298	Jetrena pasteta	Pate, liver, canned	Serbia	Flesh foods	MEAT_OR_MEAT PRODUCT	100.0000 g	A	A	Pate, pork liver
0357	Kim, suvi	Caraway seeds, dried	Serbia	Nuts and seeds	NUT_SEED_OR KERNEL PRODUCT	100.0000 g	V	V	Caraway
0422	Vinjak	Brandy	Serbia	Not defined	BEVERAGE_(NON-MILK)	100.0000 l	V	V	Brandy
0495	Kukuruzne pahuljice, Kornfleks	Cornflakes	Serbia	All starchy staple foods	GRAIN_OR_GRAIN PRODUCT	100.0000 g	V	V	Processed maize-based
0508	Kvasac pekarski, svez	Yeast, bakers, fresh	Serbia	Not defined	MISCELLANEOUS FOOD PRODUCT	100.0000 g	V	V	Baking yeast
0518	Liker, prosek	Liqueur, average values	Serbia	Not defined	BEVERAGE_(NON-MILK)	100.0000 l	V	V	Liqueurs
0532	Lesnik, suvi	Hazelnut, dried	Serbia	Nuts and seeds	NUT_SEED_OR KERNEL PRODUCT	50.0000 g	V	V	Hazelnuts
0562	Mango, mesnati deo	Mango, flesh, raw	Serbia	Other Vitamin A-rich vegetables and fruits	FRUIT_OR_FRUIT PRODUCT	66.0000 g	V	V	Mango
0633	Mleko kravlje punomasno 3.4%	Milk, cows, whole	Serbia	Dairy	MILK_MILK_PRODUCT OR MILK SU	100.0000 l	A	A	Cow milk, whole
0655	Narandza, crvena	Orange, red, raw	Serbia	Other fruits	FRUIT_OR_FRUIT PRODUCT	70.0000 g	V	V	Oranges, sweet, sour (f
0658	Narandza, zuto-narandzasta	Orange,orange-coloured flesh,	Serbia	Other fruits	FRUIT_OR_FRUIT PRODUCT	65.0000 g	V	V	Oranges, sweet, sour (f
0664	Ogrozd, zreli	Gooseberry, ripe, raw	Serbia	Other fruits	FRUIT_OR_FRUIT PRODUCT	99.0000 g	V	V	Gooseberry
0671	Orah, suvi	Walnut, dried	Serbia	Nuts and seeds	NUT_SEED_OR KERNEL PRODUCT	40.0000 g	V	V	Walnuts
0689	Paradajz, kecap	Tomato, ketchup	Serbia	Other vegetables	VEGETABLE_OR VEGETABLE PROD	100.0000 g	V	V	Tomato ketchup
0690	Paradajz, sok, kuvan, (konc. 28-30%)	Tomato juice (conc. 28-30%)	Serbia	Other vegetables	VEGETABLE_OR VEGETABLE PROD	100.0000 l	V	V	Juice, tomato
0692	Paradajz, sok, kuvan (konc -10%)	Tomato juice, (conc-10%)	Serbia	Other vegetables	VEGETABLE_OR VEGETABLE PROD	100.0000 l	V	V	Tomato-based cooked s
0739	Persun, suseni listovi	Parsley,leaves, dried	Serbia	Not defined	MISCELLANEOUS FOOD PRODUCT	100.0000 g	V	V	Parsley
0751	Pivo	Beer, regular	Serbia	Not defined	BEVERAGE_(NON-MILK)	100.0000 l	V	V	Beer, regular
0849	Sampinjon, uzgojeni	Champignon, cultivated	Serbia	Other vegetables	VEGETABLE_OR VEGETABLE PROD	90.0000 g	V	V	Common/portobello/cha
0877	Sir, cheddar	Cheese, cheddar	Serbia	Dairy	MILK_MILK_PRODUCT OR MILK SU	100.0000 g	A	A	Cheese, cheddar
1034	Sok od narandze, svezi	Orange juice, fresh	Serbia	Other fruits	FRUIT_OR_FRUIT PRODUCT	100.0000 g	V	V	Juice, orange
1058	Sok od paradajza	Tomato juice, canned	Serbia	Other vegetables	VEGETABLE_OR VEGETABLE PROD	100.0000 l	V	V	Juice, tomato-vegetable
1059	Sok od paradajza, 100% voce (Takod	Tomato juice, 100% fruit (Takod	Serbia	Other vegetables	VEGETABLE_OR VEGETABLE PROD	100.0000 g	V	V	Juice, tomato



6. DAP also supports **public food procurement** and diet planning in the public sector settings.





DIET ASSESS & PLAN SOFTWARE (DAP) FEATURES

1. General information
2. Anthropometric measurements
3. Blood pressure
4. Physical activity
5. Supplements intake

Standard food consumption questionnaires

1. 24 h recall
2. Food Record
3. FFQ
4. FPQ

REPORTS on individual and population level

DIETARY
PATTERN
ANALYSIS

NUTRIENT
INTAKE
ASSESSMENT

NUTRIENT
ADEQUACY
ASSESSMENT

DIET
MODELLING
&
PLANNING

FOOD DESIGN
&
REFORMULATION

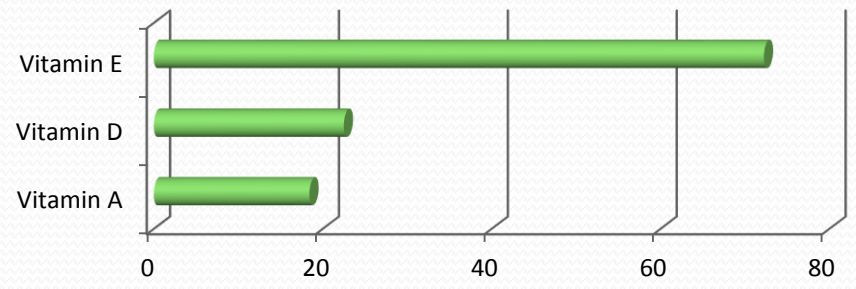
LABELING
NUTRITION
DECLARATION

Report on individual nutrient intake adequacy assessment according to selected nutrient recommendations

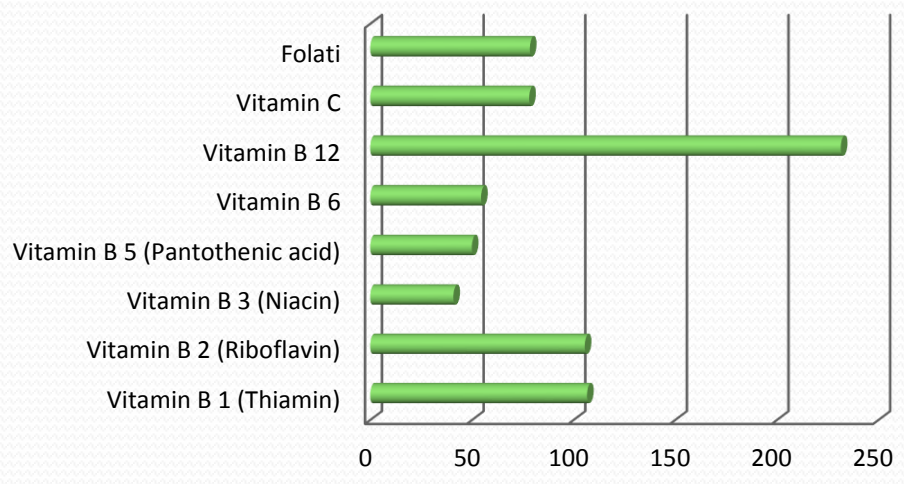
Liposolubile vitamins	UNIT	Daily intake	EAR	% EAR
Vitamin A	µg	92,13	500	18,4
Vitamin D	µg	2,25	10	22,5
Vitamin E	mg	8,67	12	72,3
Watersolubile vitamins	UNIT	Daily intake	EAR	% EAR
Vitamin B 1 (Thiamin)	mg	0,96	0,9	106,7
Vitamin B 2 (Riboflavin)	mg	0,95	0,9	105,6
Vitamin B 3 (Niacin)	NEs	4,50	11	40,9
Vitamin B 5 (Pantothenic acid)	mg	2,5	5	50,0
Vitamin B 6	mg	0,6	1,1	54,5
Vitamin B 12	µg	4,63	2	231,5
Vitamin C	mg	46,92	60	78,2
Folati	µg	251,34	320	78,5
Minerals	UNIT	Daily intake	EAR	% EAR
Cupper	mg	0,38	0,7	54,3
Zinc	mg	5,27	6,8	77,5
Phosphorus	mg	1249,9	580	215,5
Iron	mg	6,16	8,1	76,0
Iodine	µg	73,06	95	76,9
Calcium	mg	446,68	800	55,8
Potassium	mg	2358,97	2625	89,9
Magnesium	mg	181,74	265	68,6
Sodium	mg	1909,48	1600	119,3
Selenium	µg	29,99	45	66,6

Graphical output: % EAR satisfied by daily food intake

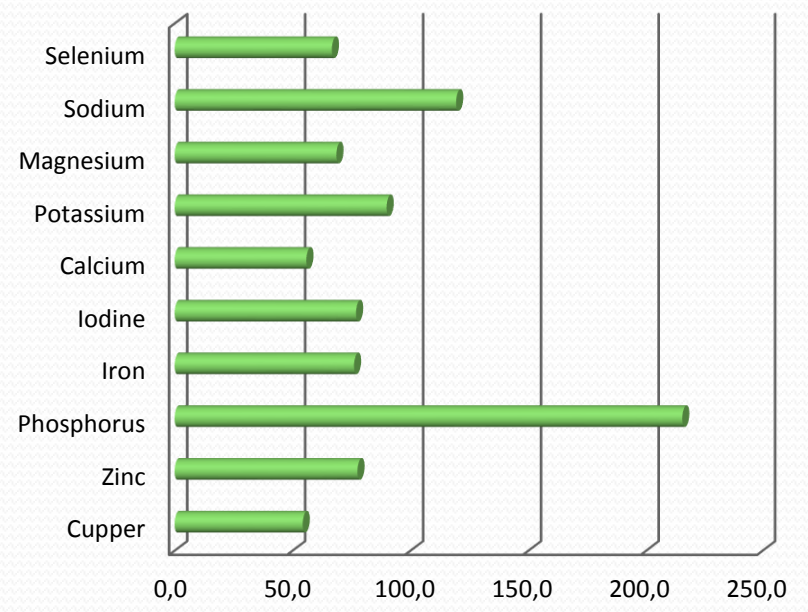
Lipo – soluble vitamins



Water – soluble vitamins

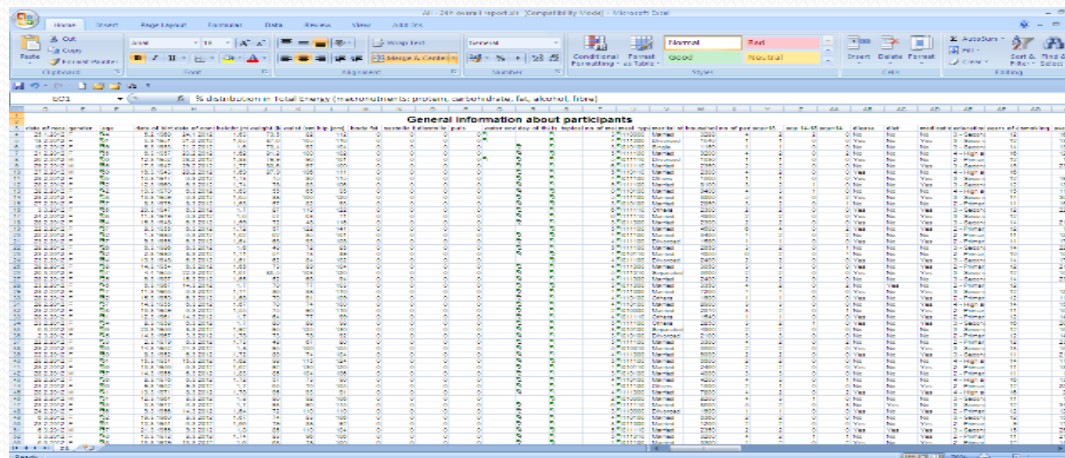


Minerals



Overall report on food and nutrient intake on the **population level**

- Available in xlsx form with more than 150 parameters for each participant
1. General info about participant (ID, date of interview, age, gender, determinants of SES, anthropometric measurements etc.)
 2. Amounts of consumed food by EuroFIR food groups
 3. MDD indicator
 4. Nutrient intake (for each questionnaire separately and averaged for all 24 h recall)
 5. %TE from macronutrients



The screenshot displays a Microsoft Excel spreadsheet with a large data table. The table is titled "General information about participants" and contains numerous columns of data. The columns include personal identifiers, dates, age, gender, and various anthropometric measurements. The data is organized into rows, with each row representing an individual participant. The spreadsheet interface shows the standard Excel ribbon with tabs for "Home", "Insert", "Page Layout", "Formulas", "Data", "Review", and "View". The status bar at the bottom indicates the spreadsheet is in "Review" mode.

Summary reports in DIET ASSESS & PLAN

24h FOOD INTAKE QUESTIONNAIRE

GENERAL - COMMON DATA

24h FOOD INTAKE QUESTIONNAIRE - FOOD LIST

SOFTWARE - DAP

GENERAL - COMMON DATA

EXAMINEE ID 540 / 1
 INTERVIEWER Marija Popović
 DATE OF THE INTERVIEW 24.05.2015
 DATE OF THE FOOD CONSUMPTION 24.05.2015
 NAME Mila
 LAST NAME Vasiljevic
 GENDER Female
 DATE OF BIRTH 01.01.1992
 email vasiljevicmila92@yahoo.com

LIQUID / WATER CONSUMPTION Less than 1 L

ADDITIONAL FOOD SALTING / PEPPER / HERBS / SWEET / FLAVOURING

CONSUMED FOOD ITEMS

MEAL GROUP	FOOD ITEM - (INGREDIENT)	DESCRIPTION BRAND NAME	Port Size	AMOUNT UNIT	TIME AND PLACE OF CONSUMING	ADDITIONAL ACTIVITY/COMPANY	COMMENT	LEFT FOOD AMOUNT
Breakfast	Jaje, przeno		-	60.00 g	9:00 Kući			
Breakfast	Stisnjena sunka, SL		-	20.00 g	9:00 Kući			
Breakfast	Hleb pšenični beli		-	40.00 g	9:00 Kući			
Breakfast	Jogurt 2.8% mlecne masti		-	200.00 g	9:00 Kući			
Lunch	Hleb pšenični beli		-	80.00 g	15:00 Kući			
Lunch	Pavlačka kisela 12% mlecne masti		-	30.00 g	15:00 Kući			
Lunch	Sok od ananasa		-	250.00 ml	15:00 Kući			
Lunch	punjene tikvice		-	287.80 g	15:00 Kući			
	*Svinjsko meso, sveže			95.00 g				
	*Pirinac, glazirani			23.75 g				
	*Luk, crni			14.25 g				
	*Luk, beli			1.90 g				
	*Paprika crvena, mlevena			0.28 g				
	*Dodatak jelima, zacini C			0.28 g				
	*So, stona, jodirana			0.28 g				
	*Crni biber, mleveni			0.04 g				
	*Tikvice			95.00 g				
	*Sok od paradajza			42.75 ml				
Lunch	Pecena paprika			79.99 g	15:00 Kući			
	*Sirce, vino			1.56 ml				
	*Beli luk u prahu			1.24 g				

DIET ASSES & PLAN IN NUTRITIONAL RESEARCH AND CAPACITY DEVELOPMENT IN CEE/BALKAN

- Network for Capacity Development in Nutrition in Central and Eastern Europe-CAPNUTRA
- FolOmega „Intake, status and biological action of folate and PUFA: Improvement of Nutrition in Serbia“ (No. III 41030), National project of Ministry of Science Republic of Serbia (2011-2015)
- **Bilateral project with Slovenia: TRADIFA** ”Fatty acids profile and trans fatty acids content in traditional food in food composition databases for healthier dietary choices of population” 2014-2015
- **BACCHUS- FP7** “ Beneficial effects of dietary bioactive peptides and polyphenols on cardiovascular health in humans (BACCHUS) ” 2012-2016
- **CHANCE- FP7** ”Low Cost technologies and traditional ingredients for the production of Affordable, Nutritionally correct, Convenient foods enhancing hEalth in population groups at risk of poverty” 2011-2014
- **EFSA project** ”Dietary monitoring tools for risk assessment ”, 2014 **Bilateral project with Croatia:** “Folate status in populations at risk: young adult women of reproductive age and elderly” 2011-2013
- **YUSAD national study** (National study of precursors of atherosclerosis in schoolchildren and adult members) , NUTQ - Version1 of DIETASSESS program

Diet Assess & PLAN publications



EFSA supporting publication 2014:EN-607

EXTERNAL SCIENTIFIC REPORT

Dietary Monitoring Tools for Risk Assessment¹

Gavrieli A, Naska A, Konstantinidi Ch, Berry R, Roe M, Harvey L, Finglas P, Glibetic M, Gurinovic M and Trichopoulou A²

On behalf of the project consortium:

The Hellenic Health Foundation, Athens, Greece; Institute of Food Research, Norwich, UK; Institute for Medical Research, Centre of Research Excellence in Nutrition and Metabolism, University of Belgrade, Serbia

Conclusions

A map of Europe with the Balkan region highlighted in a dark blue color. The rest of the map is in a light grey color. The highlighted area includes countries like Bulgaria, Romania, Greece, and parts of Turkey, Albania, and North Macedonia.

- The fundamental challenge in Balkan region is to improve nutrition through implementation of policies and coordinated actions across sectors.
- Applying DAP platform underpin the capacity of CEE and Balkan countries for performing dietary surveys, assesment and standardization in public health nutrition, research, survelliance, monitoring and policies implementation.

Food matching in DIET ASSESS & PLAN

structured (harmonized) data protocols

- 24 h and food record questionnaire
 - Row food and recipe (dish) evidence examined by researcher

- FFQ, FPQ food questionnaire
 - Row food consumption evidence (prepared questionnaires with “in advance” defined food items and portion sizes)

24h RECALL QUESTIONNAIRE - UNIQ ID: 11/1 NAME: g2rbvjdzay54

GENERAL INFORMATION PRE-SCREENING QUESTIONS ANTHROPOMETRY CONSUMPTION SUPPLEMENTS HIDE

SUBJECT NUMBER: 02494

TOKEN NO:

INTERVIEWER NAME:

DATE OF 24H RECALL: 28.02.2015

No of 24h RECALL: 1

DATE OF FOOD CONSUMPTION: 28.02.2015

DATE OF BIRTH: 13.03.1997

NAME: g2rbvjdzay54

FAMILY NAME:

GENDER (M/F):

AGE AT RECALL: 50

Meal	Place of consumption	Time	Food code	Food name	Cooking method	Portion size	Consumed amount (g/ml)	Unit	Description (Brand name)	Parallel activity	Portion size	Consumed amount (g/ml)	Unit	Description (Brand name)	Parallel activity
4	Breakfast	away	08:30	3022	Voda Voda	COOKING METHOD NOT 44	200,00	ml							
5	Breakfast	away	08:30	2941	Turka, syrnika, domacka 84	STEEPED	150,00	ml							
6	Breakfast	away	08:30	2945	Cap, maplak	BOILED	200,00	ml							
7	Lunch	home	15:00	1389	Parpaiza paprica	COOKED BY DRY HEAT	100,00	g							
8	Lunch	home	15:00	3129	Polovna kupa sira sa mle	COOKED BY DRY HEAT									
9	Lunch	home	15:00	3022	Voda Voda	COOKING METHOD NOT 44									
10	Dinner	home	20:30	1754	Heb povenca bal	COOKING METHOD NOT 44									
11	Dinner	home	20:30	2779	Mleko, braonje, sirano 6,7%	COOKING METHOD NOT 44									
12	Dinner	home	20:30	3022	Voda Voda	COOKING METHOD NOT 44									

Total food amount (g) 3120,00

73. select FOODS from the list, 74. Nutritive values of the FOOD

FOOD INTAKE QUESTIONNAIRE

QUESTIONNAIRE NO: 11

EVIDENCE NO:

HOUSEHOLD NO:

DATE OF QUESTIONNAIRE: 28.02.2015

HOUSEHOLD MEMBER NO:

EXAMINEE NAME: g2rbvjdzay54

SEX: F

DATE OF BIRTH: 13.03.1997

DATE OF FOOD CONSUMPTION: 28.02.2015

RECIPE NAME: Putena sjerba

TOTAL AMOUNT OF THE PREPARED RECIPE (g (ml)) 100,00

Consumed Portion Size (Small/Medium/Large/Extra Large)

THE CONSUMED AMOUNT FROM THE RECIPE (g (ml)) 100,00

COEFFICIENT 1,00000

NOTE:

No	Cooking treatment	Food Code	Food name	Unit	Row Weight (g/ml)	% food in recipe	Amount of the consumed food (g/ml)	Weight for food after cooking (g/ml)	Weight equiv. for food after cooking (g/ml)	Food Group	Comment
1	SMBRNDZL, POACHET	1657	Putena, glazirana	g	9,10	100,00	9,10	14,58000	14,58000	04 GRAM_OR_ORN	
2	SMBRNDZL, POACHET	1660	Beber, crvena, cika	g	0,02	100,00	0,02	0,02000	0,02000	13 MISCELLANEOUS	
3	SMBRNDZL, POACHET	1930	Paprika, crna	g	36,41	100,00	36,41	59,25000	59,25000	05 VEGETABLE_ORV	
4	SMBRNDZL, POACHET	2954	Uga, krahovje, cika, sveza	g	5,48	100,00	5,48	0,73000	0,73000	04 GRAM_OR_ORN	
5	SMBRNDZL, POACHET	1986	Uga, crna	g	2,91	100,00	2,91	4,85000	4,85000	05 VEGETABLE_ORV	
6	SMBRNDZL, POACHET	1661	Zacin od paprike - Vegeta	g	0,36	100,00	0,36	0,57000	0,57000	05 MISCELLANEOUS	
7	SMBRNDZL, POACHET	1630	Sira Wala Bosnja	g	1,82	100,00	1,82	2,91200	2,91200	04 GRAM_OR_ORN	
8	SMBRNDZL, POACHET	1988	Soljenje, sirano, sveza	g	29,17	100,00	29,17	46,88000	46,88000	04 GRAM_OR_ORN	
9	SMBRNDZL, POACHET	1668	Paradajz, cikan, krom, svec, 20,1	g	14,97	100,00	14,97	23,71200	23,71200	05 VEGETABLE_ORV	
10	SMBRNDZL, POACHET	1670	Sir, sirano, putena	g	0,22	100,00	0,22	0,35200	0,35200	13 MISCELLANEOUS	

Total amount - recipe(g) 100,00

Consumed amount (g) 100,00

73. Select FOODS from the list, 74. Nutritive values of the FOOD, 75. Weights during cooking treatment

FFQ - NUTRIENT INTAKE QUESTIONNAIRE

FFQ QUESTIONNAIRE No. 0001 GENERAL DATA FOOD QUESTIONNAIRE: How many times a WEEK do you have

Name: Jovana

Sex: F

Year of birth: 1997

Gender: F

Meal	Frequency	CH	CR	CA	CF	CG	CD	CE	CF
BREAKFAST	0	0	0	0	0	0	0	0	0
LUNCH	0	0	0	0	0	0	0	0	0
DINNER	0	0	0	0	0	0	0	0	0

During the last 3 MONTH how often did you consume:

DAIRY PRODUCTS

Other all (the cooking oil used)

VEGETABLES

FRUIT

GRAINS

PORTION-SIZES / NUTRIENT INTAKE QUESTIONNAIRE

GENERAL DATA FOOD QUESTIONNAIRE PORTION SIZES

No. 0001 Date: 30.03.2015 Name: Jovana

Portion sizes visualizations:

- 100 g (100 g)
- 150 g (150 g)
- 180 g (180 g)
- 200 g (200 g)
- 250 g (250 g)
- 300 g (300 g)
- 350 g (350 g)
- 400 g (400 g)
- 450 g (450 g)
- 500 g (500 g)
- 550 g (550 g)
- 600 g (600 g)
- 650 g (650 g)
- 700 g (700 g)
- 750 g (750 g)
- 800 g (800 g)
- 850 g (850 g)
- 900 g (900 g)
- 950 g (950 g)

Food matching in DIET ASSESS & PLAN

