**Optional Module 3: Household Dietary Diversity**

**This optional module reflects the guidelines given in the Household Dietary Diversity Score (**[**https://www.fantaproject.org/sites/default/files/resources/HDDS\_v2\_Sep06\_0.pdf**](https://www.fantaproject.org/sites/default/files/resources/HDDS_v2_Sep06_0.pdf)**)published in 2006 by the Food and Nutrition Technical Assistance III Project (FANTA), which was implemented by FHI 360. Additional guidelines may be found in this Food and Agriculture Organization** [**(FAO) publication**](http://www.fao.org/fileadmin/user_upload/wa_workshop/docs/FAO-guidelines-dietary-diversity2011.pdf)**.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No.** | **Questions** | **Coding Categories** | | |
| **3.1** | Now I would like to ask you about the types of foods that you or anyone in your household ate yesterday during the day and at night.  **Read the list of foods one at a time.**  **Circle ‘1’ for Yes if anyone in the household ate the food listed in the question.**  **Circle ‘0’ if no one in the household ate the food.**  **Update list a) with locally available grains.** |  | Yes | No |
| 1. Any bread, rice, noodles, biscuits; any food made from millet, sorghum, maize, rice, wheat, or [INSERT ANY LOCAL FOODS, SUCH AS UGALI, NSHIMA, OR ANY OTHER LOCALLY AVAILABLE GRAIN]? | 1 | 0 |
| 1. Any potatoes, yams, manioc, cassava, or other foods made from roots or tubers? | 1 | 0 |
| 1. Any vegetables? | 1 | 0 |
| 1. Any fruits? | 1 | 0 |
| 1. Any beef, pork, lamb, goat, rabbit, wild game, chicken, duck, or other birds; liver, kidney, heart, or other organ meats? | 1 | 0 |
| 1. Any eggs? | 1 | 0 |
| 1. Any fresh or dried fish or shellfish? | 1 | 0 |
| 1. Any foods made from beans, peas, lentils, or nuts? | 1 | 0 |
| 1. Any cheese, yogurt, milk, or other milk products? | 1 | 0 |
| 1. Any foods made with oil, fat, or butter? | 1 | 0 |
| 1. Any sugar or honey? | 1 | 0 |
| 1. Any other foods, such as condiments, coffee, tea? | 1 | 0 |

**―END OF OPTIONAL MODULE―**

This publication was produced with the support of the United States Agency for International Development (USAID) under the terms of MEASURE Evaluation cooperative agreement AID-OAA-L-14-00004. MEASURE Evaluation is implemented by the Carolina Population Center, University of North Carolina at Chapel Hill in partnership with ICF International; John Snow, Inc.; Management Sciences for Health; Palladium; and Tulane University. Views expressed are not necessarily those of USAID or the United States government.  
 TL-19-31b