**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―**

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