

# DIET QUALITY QUESTIONNAIRE (DQQ)



## INDONESIA

**Read:** Now I'd like to ask you some yes-or-no questions about foods and drinks that you consumed yesterday during the day or night, whether you had it at home or somewhere else.

First, I would like you to think about yesterday, from the time you woke up through the night. Think to yourself about the first thing you ate or drank after you woke up in the morning ... Think about where you were when you had any food or drink in the middle of the day ... Think about where you were when you had any evening meal ... and any food or drink you may have had in the evening or late-night... and any other snacks or drinks you may have had between meals throughout the day or night.

I am interested in whether you had the food items I will mention even if they were combined with other foods.

Please listen to the list of foods and drinks, and if you ate or drank ANY ONE OF THEM, say yes.

	Yesterday, did you eat any of the following foods:	(circle answer)
1	Rice, rice porridge, rice cake, noodles, or macaroni?	YES or NO
2	Corn?	YES or NO
3	Potato, white sweet potato, purple sweet potato, cassava, taro, sago congee, breadfruit, or unripe banana?	YES or NO
4	Tofu, tempeh, oncom, red beans, edamame, mung bean porridge, or soymilk?	YES or NO
	Yesterday, did you eat any of the following vegetables:	
5	Carrots, pumpkin, orange sweet potato, or red bell pepper?	YES or NO
6.1	Spinach, water spinach, sawi, bok choy, Chinese broccoli, or broccoli?	YES or NO
6.2	Cassava leaves, sweet potato leaves, pumpkin leaves, papaya leaves, moringa leaves, or fern?	YES or NO
7.1	Tomatoes, long beans, winged beans, green beans, cabbage, or green bell pepper?	YES or NO
7.2	Chayote, mung bean sprouts, radish, cauliflower, or mushrooms?	YES or NO
7.3	Eggplant, loofa gourd, bitter melon, cucumber, or zucchini?	YES or NO
	Yesterday, did you eat any of the following fruits:	
8	Ripe papaya, ripe mango, or orange melon?	YES or NO
9	Citrus fruits such as mandarin, jeruk manis, or pomelo?	YES or NO
10.1	Ripe banana, guava, watermelon, dragon fruit, rambutan, or longan?	YES or NO
10.2	Snake fruit, mangosteen, durian, avocado, apple, or pear?	YES or NO
10.3	Star fruit, pineapple, rose apple, young coconut meat, green mango, or green papaya?	YES or NO
	Yesterday, did you eat any of the following sweets:	
11	Cakes, sweet biscuits, roti manis, or donuts?	YES or NO
12	Candy, chocolates, ice cream, agar agar, cendol, or bubur sumsum?	YES or NO
	Yesterday, did you eat any of the following foods of animal origin:	
13	Eggs?	YES or NO
14	Cheese?	YES or NO
15	Yogurt?	YES or NO
16	Sausages?	YES or NO
17	Beef, cow organs, goat, lamb, water buffalo, or deer?	YES or NO
18	Pork, wild boar, rabbit, or horse?	YES or NO
19	Chicken, chicken organs, pigeon, or duck?	YES or NO
20	Fish or other seafood?	YES or NO
	Yesterday, did you eat any of the following other foods:	
21	Peanuts, peanut butter, cashews, sunflower seeds, or kerupuk melinjo?	YES or NO
22	Kerepik instant such as Chiki, Kusuka, Qtela, cheese balls, Cheetos, Taro Snack, or potato chips?	YES or NO
23	Instant noodles such as Indomie or Mie Sedap?	YES or NO
24	Gorengan, deep fried chicken or deep fried fish?	YES or NO

	<b>Yesterday, did you have any of the following beverages:</b>	
25	<b>Fresh milk, box milk, or powdered milk?</b>	YES or NO
26	<b>Sweetened tea, coffee with sugar, instant cocoa such as Milo, Energen, Yakult, Tehbotol, or sweetened box milk such as Ultra milk?</b>	YES or NO
27	<b>Juice, fruit drinks, syrup, NutriSari or Marimas?</b>	YES or NO
28	<b>Soda such as regular Cola or Fanta, energy drinks such as Krating Daeng, or Mizone?</b>	YES or NO
	<b>Yesterday, did you get food from any place like...</b>	
29	<b>McDonald's, KFC, Burger King, Pizza Hut, or other places that serve pizza or burgers?</b>	YES or NO

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**INSTRUCTIONS:**

- 1) Read the DQQ exactly as written. Do not include additional dialogue or probing questions. Do not add or remove food items. It is important for the integrity of the questionnaire and comparability of results to not modify the DQQ. Further instructions on how to use the DQQ can be found at our website, [www.dietquality.org](http://www.dietquality.org)
- 2) If you desire to collect information on additional food items, or to add supplementary questions, these additional questions can be placed at the end of the questionnaire.
- 3) The Global Diet Quality Project has undertaken a systematic process to identify food items for each food group. If you would like to suggest changes to the DQQ, please contact the team using the "Contact Us" button on our website.