**Food-Frequency Questionnaire**. Please think about your eating patterns during the during the **first, second or last trimester**. Please indicate your usual intake of each of the following food items **per day**, **week**, or **month.** Please be as precise as you can in your recall. The accuracy of the study results depends on the accuracy of your answers.

|  |  |  |  |
| --- | --- | --- | --- |
| **FOOD ITEM** | **REFERENCE PORTION** | **USUAL PORTION**  | **FREQUENCY OF CONSUMPTION** |
| **CAFFEINATED BEVERAGES** |
| **Coffee instant, Nescafe, Turkish, Tea (AVERAGE)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **FRUIT JUICES** |
| **Fruit Juices, Canned** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Fruit Juices, Fresh** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Soda** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Diet Soda** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **CEREALS AND CEREAL-BASED PRODUCTS** |
| **White Bread** | 1 loaf |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Brown/Whole wheat bread** | 1 loaf |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Ka’ak Products** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Toast and crackers** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Regular breakfast cereals** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Bran or whole grain breakfast cereals**  | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **CAKES AND PASTRIES** |
| **Cakes** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Arabic sweets (AVERAGE)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Biscuits** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Croissant** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Doughnuts** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Khabisa** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Logaimat** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **PASTA AND OTHER CEREALS** |
| **Bulgur, cooked** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Bulgur, uncooked** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Pasta, cooked** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **PIZZAS AND PIES** |
| **Pies, ‘Manaeesh’** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Pies, small** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Pizza** | Both |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **FATS AND OILS (ADDED ON BREADS)** |
| **Butter** | 1 tsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Mayonnaise, regular** | 1 tsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Mayonnaise, light** | 1 tsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Olive oil** | 1 tsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **‘Tahineh’** | 1 tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Vegetable oil** | 1 tsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **FRUITS** |
| **Canned Fruits** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Dried fruits** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Fresh fruits**  | 1 portion |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **MEAT- Cured Meat** |
| **Meat (beef), cooked, high fat** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Meat (beef), cooked, medium fat** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Meat (beef), cooked, low fat** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Meat (lamb), cooked, high fat** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Meat (lamb), cooked, low fat** | P (B) |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **MEAT- Offals** |
| **Organ meat (AVERAGE)** | 1 portion |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **MEAT- Poultry** |
| **Poultry, white** | leg/thigh/breast |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Poultry, breaded** | leg/thigh/breast |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **MEAT- Eggs** |
| **Eggs, whole** | 1 egg |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **MEAT- Fish and Seafood** |
| **Fish and seafood, (grilled or boiled)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Fish and seafood, (fried)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Fish, canned (Tuna or sardine) with oil** | -----g |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Fish, canned (Tuna or sardine) without oil** | -----g |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **MILK AND DAIRY PRODUCTS** |
| **Cheese (low fat / light)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Cheese (high fat)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Cheese (processed)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Full fat milk, milk-based beverages** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Low fat milk, milk-based beverages** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **0% fat milk, milk- based beverages** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **YOGURT AND YOGURT- BASED PRODUCTS** |
| **Labneh, regular** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Labneh, light** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Labneh, 0% fat** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Yogurt, regular** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Yogurt, light** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **MIXED DISHES** |
| **Vegetables soup (AVERAGE CUP)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Chicken soup**  | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Eggplant, zucchini, cabbage (stuffed)**  | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Grape leaves, cooked** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Magboos beef or chicken**  | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Stew (Jews mallow, okra, peas, spinach) (AVERAGE)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Harees** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Margoga** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **SUGAR AND SUGAR DERIVATIVES** |
| **Candy** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Chocolate** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **HONEY, JAM, SUGAR, MOLASSES AND HALAWAH** |
| **Jam** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Sugar** | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Sugar derivatives (molasses, halawa, honey)**  | 1 Tbsp |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Ice cream, regular** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Ice cream, low fat** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Pudding, regular** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Pudding, low fat** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **PULSES, NUTS AND SEEDS** |
| **Beans, Chickpeas, Fava Beans, Lentils, Seeds (AVERAGE)** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Nuts** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Falafel** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Olives** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **POTATOES AND POTATO- BASED PRODUCTS** |
| **French Fries** | P |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Potato, boiled/grilled** | 1 portion medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Potato chips, regular** | 1 small bag  |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Potato chips, light** | 1 small bag |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **VEGETABLES** |
| **Vegetables, canned (mixed)** | ½ cup |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Vegetables, raw** | 1 medium |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Salad, green (AVERAGE)** | ½ cup |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |
| **Salads (Ceasar, Greek)** | ½ cup |  | 1 **□ D** 2 **□ W** 3 **□ M** 4 **□ Never** |