**STUDY PROFORMA FOR MACRONUTRIENT INTAKE OF TYPE 2 DIABETES IN INDIA**

1. **GENERAL : Sr. No : \_\_\_\_\_\_\_\_\_\_\_\_**

Reg No:- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Centre Name :-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- |
| **Initial** | **Sex: M/F**  | **Age(yrs)** | Pre / Post Meno | **Contact No (optional)** | **Religion** |
|  |  |  |  |  |  |

**Type of Family :- Nuclear /Joint/ Extended**

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| --- |
| Nuclear :**-** Single parent family |
| Joint :- Family composed of parents, their children, and children's spouses and offspring in one household. |
| Extended :- A family that includes in one household near relatives (such as grandparents, aunts, or uncles) in addition to a [nuclear family](https://www.merriam-webster.com/dictionary/nuclear%20family) |

**Number of family members :-**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Elderly**>65years** | Adults**>18- < 65yrs** | Adolescents12- <18yrs | Children2 to 12 yrs | Infant< 2yrs |
|  |  |  |  |  |

**B) Anthropometric Measurements**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Height(cms) | Weight(kg) | BMI(Kg/ m2) | WC(cms) | HC(cm) | WHR | WHtR |
|  |  |  |  |  |  |  |

**C) Biochemical Analysis**

|  |  |  |  |
| --- | --- | --- | --- |
| FBG**(**mg/dl**)** | PPBG(mg/dl) | RBG(mg/dl) | HbA1c (%) |
|  |  |  |  |

**D) Nutritional History:** - 24 hours Dietary Recall

**Type of Diet :-** Lacto Vegetarian/ Ovo Vegetarian / Vegan / Non Vegetarian

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| --- |
| Lacto Vegetarian :- Do not eat meat, fish and eggs but consume dairy products |
| Ovo Vegetarian :- Eat eggs, vegetables, fruits, dairy products and Do not eat meat, fish, chicken |
| Vegan :- Do not eat meat, fish , eggs and dairy products |
| Non Vegetarian :- Eat vegetarian and non-vegetarian foods |

**Meal Frequency pattern:-** 2-3 meals // 4-5 meals// 5-6 meals

**Water intake :-** \_\_\_\_\_\_\_glasses/ day \_\_\_\_\_ ml/day

**Fat Intake: -**

Use of oil :- Single type of oil // two types of oil //rotation of oil

**Type of Oil** :- Rice Bran//Groundnut//Safflower// Sesame//Olive//Canola// Sunflower//Soyabean// Mustard//Flaxseed//Corn

**Monthly consumption of Oil**

A. Unsaturated Fat: - \_\_\_\_\_\_\_\_\_\_kg/month, \_\_\_\_\_\_\_\_ Family members, \_\_\_\_\_\_\_\_ ml/day/person

B. Saturated Fat: - Cream//Ghee//Butter/ Coconut/ Palm (daily/ occ /never)

\_\_\_\_\_\_\_\_\_ teaspoon/day or \_\_\_\_\_\_\_\_ ml/day

C. Trans Fats: - Dalda//Margarine \_\_\_\_\_\_\_\_\_\_\_\_\_ / day

Total Fat consumption = A + B + C = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ml/day

**24 hours dietary recall**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Menu** | **gm/ml** | **No of Serving**  |  **Cal (kcal)**  | **CHO (gm)** | **Protein(gm)** | **Fats (gm)** |
| E.Morning |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Breakfast |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |
| Mid morning |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
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| Eve Tea |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |
| Mid evening |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |
| Bed Time |  |  |  |  |  |  |  |
| Day 1Total |  |  |  |  |  |  |  |

|  |
| --- |
| Total Calories \_\_\_\_\_\_\_\_ Kcal, CHO \_\_\_\_\_\_\_\_ gms, Pro \_\_\_\_\_\_\_\_ gms , Total Fat \_\_\_\_\_\_\_\_\_\_\_ gms |

**Food Frequency (Please mention the food intake in gms/ml/ pieces/ day)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Menu | Daily | Once/twice a wk | Once in 2 mths | occ | Never |
| **Early Morning** |  |  |  |  |  |
| Black tea /Black coffee  |  |  |  |  |  |
| Tea/ Coffee/ Milk |  |  |  |  |  |
| Dry Fruits (Almonds ,Walnuts, Pista, Figs,Dates) |  |  |  |  |  |
| Biscuits / Rusk  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Breakfast/ Snacks** |  |  |  |  |  |
| Chapati |  |  |  |  |  |
| Roti + Vegetables |  |  |  |  |  |
| Thalipeeth |  |  |  |  |  |
| Missi roti |  |  |  |  |  |
| Cheela |  |  |  |  |  |
| Upma |  |  |  |  |  |
| Poha |  |  |  |  |  |
| Vegetable dalia |  |  |  |  |  |
| Vegetable + sprouts bhel |  |  |  |  |  |
| Sprout |  |  |  |  |  |
| Idli sambhar /chutney |  |  |  |  |  |
| Dosa –Masala /sambhar/chutney |  |  |  |  |  |
| Uttappam |  |  |  |  |  |
| Dhokla |  |  |  |  |  |
| Vegetable Sandwich  |  |  |  |  |  |
| Puff (veg,non veg,paneer,cheese) |  |  |  |  |  |
| Khichdi (sabudana,sprouts,veg)  |  |  |  |  |  |
| Bread/Pav/Buns |  |  |  |  |  |
| Toast/Rusk |  |  |  |  |  |
| Khari Biscuits |  |  |  |  |  |
| Egg (Plain boiled, Omelette) |  |  |  |  |  |
| Fruits |  |  |  |  |  |
| Biscuits (Mention pieces) |  |  |  |  |  |
| **Mid-morning/evening** |  |  |  |  |  |
| Tea / Coffee/ Milk |  |  |  |  |  |
| Soups/juices |  |  |  |  |  |
| Butter milk |  |  |  |  |  |
| Fruits |  |  |  |  |  |
| Fruit Shaske  |  |  |  |  |  |
| Puffed Rice |  |  |  |  |  |
| **Lunch/Dinner** |  |  |  |  |  |
| Soups |  |  |  |  |  |
| Phulka/ Chapati |  |  |  |  |  |
| Paratha/ Poori |  |  |  |  |  |
| Bhakri |  |  |  |  |  |
| Green Leafy Vegetables |  |  |  |  |  |
| Roots & tubers vegetables |  |  |  |  |  |
| Other vegetables |  |  |  |  |  |
| Sprouts |  |  |  |  |  |
| Paneer |  |  |  |  |  |
| Dals/ Legumes |  |  |  |  |  |
| Non- veg (Egg,Meat,Chicken,Fish) |  |  |  |  |  |
| Non Veg Biryani  |  |  |  |  |  |
| Rice / Khichdi |  |  |  |  |  |
|  Pulao- Veg / Paneer / Biryani |  |  |  |  |  |
| Curd |  |  |  |  |  |
| Buttermilk/ Lassi |  |  |  |  |  |
| Kadhi |  |  |  |  |  |
| Chutney/ Pickle |  |  |  |  |  |
| Sweets |  |  |  |  |  |
| **Bed time** |  |  |  |  |  |
| Milk |  |  |  |  |  |
| Fruit shakes |  |  |  |  |  |
| Fruits  |  |  |  |  |  |
|  |  |  |  |  |  |
| Sugar / Jagerry/ Honey |  |  |  |  |  |

**Common Snacks Consumed**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Food** | **Daily** | Once/twice a wk | Once in 2 mths | Never |
| Pizza |  |  |  |  |
| Burger |  |  |  |  |
| Pasta |  |  |  |  |
| Samosa |  |  |  |  |
| Kachori  |  |  |  |  |
| Panipuri |  |  |  |  |
| Batata Wada |  |  |  |  |
| Bhajia |  |  |  |  |
| Noodles |  |  |  |  |
| French Fries |  |  |  |  |
| Any Other plz mention  |  |  |  |  |
|  |  |  |  |  |
| **Life Style Habits -** |  |  |  |  |
| Alcohol (ml) |  |  |  |  |
| Soft Drinks (ml) |  |  |  |  |

**Functional Foods :-** Flaxseeds/ Methi/ Chia Seeds/ Garlic/ Oats/ Cinnamon/ any others \_\_\_\_\_\_\_gm/day (daily/ occ/ never)

**Artificial Sweetners** :- Aspartame/ Sucralose/ Stevia/ mention any other \_\_\_\_\_\_\_(daily/ occ/ never)

\_\_\_\_\_ Tablets / Sachets / Drops/day

**Food Measures**

1 teaspoon (1tsp) ---------------5ml

1 teaspoon (1tbsp) ---------------15ml

1 cup ------------------200ml

½ cup --------------------100ml

1 glass -----------------250ml

The above information is true to my knowledge. I understand that my participation in the study is voluntary and that my identity will not be revealed to any third parties. I agree to take part in the above mentioned study.

Signature of the Subject: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_