**FOOD FREQUENCY PATTERN OF RESPONDENTS ( List of Foods in the Food groups)**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Cereals and Grains | Daily | | 4-6times /week | | Less than 3times/week | | Occasionally | | Never | | No  Response | |
| n | % | n | % | n | % | n | % | n | % | n | % |
| Rice | 137 | 37.3 | 129 | 35.1 | 68 | 18.5 | 9 | 2.5 | 0 | 0 | 24 | 6.5 |
| Macaroni | 36 | 9.8 | 45 | 12.3 | 108 | 31.7 | 146 | 39.8 | 6 | 1.6 | 26 | 7.1 |
| Spaghetti | 42 | 11.4 | 78 | 21.3 | 127 | 34.6 | 100 | 27.2 | 0 | 0 | 20 | 5.4 |
| Corn | 34 | 9.3 | 45 | 12.3 | 56 | 15.3 | 192 | 52.3 | 12 | 3.3 | 28 | 7.6 |
| Wheat | 59 | 16.1 | 64 | 17.4 | 72 | 19.6 | 109 | 29.7 | 37 | 10.1 | 26 | 7.1 |
| Bread | 85 | 23.2 | 106 | 28.9 | 103 | 28.1 | 53 | 14.4 | 0 | 0 | 20 | 5.4 |
| Noodles | 66 | 18.0 | 135 | 36.8 | 98 | 26.7 | 38 | 10.4 | 4 | 1.1 | 26 | 7.1 |
| Roots and Tubers |  |  |  |  |  |  |  |  |  |  |  |  |
| Yam flour | 43 | 11.7 | 48 | 13.1 | 111 | 30.2 | 120 | 32.7 | 13 | 3.5 | 32 | 8.7 |
| Fufu | 9 | 2.5 | 50 | 13.6 | 152 | 41.4 | 110 | 30.0 | 26 | 7.1 | 20 | 5.4 |
| Eba | 21 | 5.7 | 53 | 14.4 | 104 | 28.3 | 142 | 38.7 | 27 | 7.4 | 20 | 5.4 |
| Yam | 31 | 8.4 | 60 | 16.3 | 114 | 31.1 | 135 | 36.8 | 7 | 1.9 | 20 | 5.4 |
| Sweet potatoes | 26 | 7.1 | 29 | 7.9 | 103 | 28.1 | 184 | 50.1 | 5 | 1.4 | 20 | 5.4 |
| Legumes and Nuts |  |  |  |  |  |  |  |  |  |  |  |  |
| Beans | 91 | 24.8 | 69 | 18.8 | 100 | 27.2 | 57 | 15.5 | 7 | 1.9 | 43 | 11.7 |
| Ground nut | 42 | 11.4 | 58 | 15.8 | 78 | 21.3 | 145 | 39.5 | 18 | 4.9 | 26 | 7.1 |
| Melon | 32 | 8.7 | 49 | 13.4 | 53 | 14.4 | 181 | 49.3 | 29 | 7.9 | 23 | 6.3 |
| Meat, Fish, Poultry and products |  |  |  |  |  |  |  |  |  |  |  |  |
| Meat | 116 | 31.6 | 150 | 40.9 | 60 | 16.3 | 10 | 2.7 | 0 | 0 | 31 | 8.5 |
| Fish | 151 | 41.1 | 116 | 31.6 | 53 | 14.4 | 16 | 4.4 | 0 | 0 | 31 | 8.5 |
| Eggs | 121 | 33 | 91 | 24.8 | 101 | 27.5 | 22 | 6.0 | 3 | 0.8 | 29 | 7.9 |
| Poultry | 67 | 18.3 | 83 | 22.6 | 118 | 32.2 | 72 | 19.6 | 4 | 1.1 | 23 | 6.3 |
| Milk and products | 96 | 26.2 | 104 | 28.3 | 112 | 30.5 | 17 | 4.6 | 9 | 2.5 | 29 | 7.9 |

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| Vegetables |  |  |  |  |  |  |  |  |  |  |  |  |
| Ewedu | 60 | 16.3 | 81 | 22.1 | 79 | 21.5 | 105 | 28.6 | 13 | 3.5 | 29 | 7.9 |
| Efo tete | 62 | 16.9 | 78 | 21.3 | 61 | 16.6 | 117 | 31.9 | 20 | 5.4 | 29 | 7.9 |
| Ugwu | 77 | 21 | 64 | 17.4 | 84 | 22.9 | 108 | 29.4 | 11 | 3 | 23 | 6.3 |
| Soko | 45 | 12.3 | 119 | 32.4 | 72 | 19.6 | 86 | 23.4 | 22 | 6 | 23 | 6.3 |
| Water leaf | 30 | 8.2 | 78 | 21.3 | 63 | 17.2 | 148 | 40.3 | 19 | 5.2 | 29 | 7.9 |
| Okro | 30 | 8.2 | 56 | 15.3 | 64 | 17.4 | 174 | 47.4 | 20 | 5.4 | 23 | 6.3 |
| Onion | 152 | 41.4 | 110 | 30 | 20 | 5.4 | 62 | 16.9 | 0.0 | 0.0 | 23 | 6.3 |
| Garden egg | 41 | 11.2 | 96 | 26.2 | 39 | 10.6 | 142 | 38.7 | 20 | 5.4 | 29 | 7.9 |
| Fruits |  |  |  |  |  |  |  |  |  |  |  |  |
| Pawpaw | 87 | 23.7 | 44 | 12 | 88 | 24 | 101 | 27.5 | 24 | 6.5 | 23 | 6.3 |
| Orange | 94 | 25.6 | 69 | 18.8 | 83 | 22.6 | 74 | 20.2 | 6 | 1.6 | 41 | 11.2 |
| Water melon | 48 | 13.1 | 86 | 23.4 | 75 | 20.4 | 128 | 34.9 | 7 | 1.9 | 23 | 6.3 |
| Banana | 87 | 23.7 | 81 | 22.1 | 91 | 24.8 | 80 | 21.8 | 5 | 1.4 | 23 | 6.3 |
| Pineapple | 44 | 12 | 121 | 33 | 72 | 19.6 | 107 | 29.2 | 0 | 0 | 23 | 6.3 |
| Apple | 85 | 23.2 | 95 | 25.9 | 77 | 21 | 87 | 23.7 | 0 | 0 | 23 | 6.3 |
| Snacks | 47 | 12.8 | 73 | 19.9 | 104 | 28.3 | 91 | 24.8 | 18 | 4.9 | 34 | 9.3 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alcohol drinks | 37 | 10.1 | 63 | 17.2 | 124 | 33.8 | 105 | 28.6 | 11 | 3 | 27 | 17.4 |
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