

Project Name: Nutrition survey on vitamin A and iron status and dietary intakes of women of childbearing age and children 6-59 months of age from medium and rural areas in Akwa Ibom state in Nigeria

Dataset: Nigeria-Cassava-FoodList-Long.dta

CODEBOOK

This dataset is a food list of every food recorded in the multipass 24-hour recall. Each HID PID unit is a unique person. Foods are listed in order as reported. Note: all recipes (household unique or standard) are followed by their ingredients, thus the nutrient values of each ingredient sum to the nutrient values of the recipe. Duplicates must be deleted before collapsing the data to average daily intake.

Variable Name	Variable description	Variable type	Code
hid	Household identifier	Numeric	
pid	Individual identifier	Numeric	101-107=mother; 201-204=child
ptype	Code for mother and child	Numeric	2=mother; 9=child
sex	Sex	Numeric	1=male; 2=female
agey	Age in years	Numeric	Range: 0-50
agem	Age in months	Numeric	Range: 0-11
period_descr	Time of day food was consumed	String	
type_descr	Food category	String	Food Item, Ingredient, Standard Recipe, Household unique recipe
gcode	Food group code	Numeric	-1= Recipe (Household or Standard) 2= Grains and grain products 3= Roots and tubers 4= Beans, nuts and seeds 5= Milk and dairy 6= Meats, poultry and insects 7= Fish and seafoods 8= Eggs 9= Fruits and fresh/pure fruit juices 10= Vegetables 11= Fats and oils 12= Sugars and sweets 13= Beverages 14= Miscellaneous
gdescr	Food group description	String	
code	Food code	Numeric	
descr	Name of the food or recipe	String	
weight_food	Weight of food in grams	Numeric	
energy_kcal	Energy in kilocalories	Numeric	
protein_g	Protein (grams)	Numeric	
lipid_g	Lipid (grams)	Numeric	
carbohydrt_g	Carbohydrate (grams)	Numeric	
fiber_td_g	Total fiber (grams)	Numeric	
calcium_mg	Calcium (milligrams)	Numeric	
iron_mg	Iron (milligrams)	Numeric	
zinc_mg	Zinc (milligrams)	Numeric	
vit_c_mg	Vitamin C (milligrams)	Numeric	
thiamin_mg	Thiamin (milligrams)	Numeric	
riboflavin_mg	Riboflavin (milligrams)	Numeric	

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niacin_mg	Niacin (milligrams)	Numeric	
vit_b6_mg	Vitamin B6 (milligrams)	Numeric	
folate_mcg	Folate (micrograms)	Numeric	
folic_acid_mcg	Folic acid (micrograms)	Numeric	
food_folate_mcg	Folate from food (micrograms)	Numeric	
vit_b12_mcg	Vitamin B12 (micrograms)	Numeric	
vit_a_iu	Vitamin A (international units)	Numeric	
vit_a_mcg_rae	Vitamin A (micrograms), Retinol Activity Equivalents	Numeric	
retinol_mcg	Retinol (micrograms)	Numeric	
alpha_carot_mcg	Alpha carotene (micrograms)	Numeric	
beta_carot_mcg	Beta carotene (micrograms)	Numeric	
beta_crypt_mcg	Beta cryptophan (micrograms)	Numeric	