

Annex 10

Assessing the 24 hour dietary recall of children aged 6 – 23 months

24 hour dietary recall;

- Record the type, quantity and frequency of all the foods and drinks **consumed** by the child from waking up until going to sleep at night and waking up again the next morning and the timing of the meal.
- Categorize food consumed according to the broad food groups. Count frequency of food eaten from each food group.
- Assess the quantity (amount of food eaten should be interpreted using a common household measure such as a tea cup = 200 ml) and quality of food consumed.

When the 24 hour dietary recall is taken, use the following checklist to **evaluate** the quality and the quantity of the diet. The Food Intake Reference Information Sheet can be used in counseling for identified gaps.

Jobaid to evaluate information on feeding practices of children		
Name of the child		
Date of birth	Age of child at visit	
Feeding practices	Yes / the frequency where relevant	Key message given
Growth curve rising parallel to the standard growth curves within the recommended zone?		
Child received breastmilk?		
How many meals of a thick consistency did the child eat yesterday? (use the food consistency photos)		
Oil added to prepare food yesterday?		
Child ate any iron rich animal food yesterday? (fish/meat/liver/sprats)		
Child ate a milk product yesterday?		
Child ate eggs yesterday?		
Child ate pulses/ legume/ nuts or seeds yesterday?		
Child ate dark green leaves or yellow/orange colour vegetables/fruits yesterday?		
Child ate a sufficient number of main meals and snacks yesterday, for his/her age?		
Time interval between two meals adequate?		
Quantity of food eaten by the child at main meals yesterday appropriate for child's age?		
Mother/care giver assisted the child at meal times?		
Child received any vitamin or micronutrients?		
Child ill or recovering from an illness?		

Food intake reference information sheet on feeding a child		
Feeding practice	Optimal feeding practice	Key message to help a mother
Growth curve rising parallel to the standard growth curves within the recommended zone?		Be vigilant about the direction the growth curve – is the child growing as recommended.
Child received breastmilk?	Yes	Exclusive breastfeeding till 6 months are completed and continuing breastfeeding till 2 years or beyond after starting complementary food immediately on completion of the 6 th month helps the baby grow well.
How many meals of a thick consistency did the child eat yesterday? (use the food consistency photos)	3 meals	Foods thick enough to stay in the spoon will give more energy and nutrients to the baby.
Oil added to prepare food yesterday?	Yes. 1-2 tea spoons.	Adding oil to complementary food from about one week after starting complementary food will give more energy to the baby.
Child ate any iron rich animal food yesterday? (fish/meat/liver/sprats)	Iron rich animal origin foods are a must in the daily diet.	Introducing iron rich animal origin foods soon (by the first week of starting complementary food) is very important for the baby to be intelligent, grow well, be strong and active.
Child ate a milk product yesterday?	Add a milk product to the daily diet.	Milk foods after the seventh month provides nutrients for a baby to grow well.
Child ate eggs yesterday?	Give eggs several days a week. The egg yolk can be started by about 2 weeks after starting complementary foods	Introducing eggs from about two weeks after starting complementary food is important for a baby to grow well, be strong and active.
Child ate pulses/ legume/ nuts or seeds yesterday?	If an iron rich animal source food is not eaten daily, it is very important to add legume/pulses to the daily diet of the child alongwith foods containing vitamin C to increase absorption of iron.	Pulses, legumes, nuts and seeds help growth. Adding nuts will provide antioxidants and fatty acids.
Child ate dark green leaves or yellow/orange colour vegetables/fruits yesterday?	Dark green leaves or a yellow/orange colour vegetables/fruits must be added to the diet daily.	Dark green leaves or yellow/orange colour vegetables/fruits helps good eyesight and protection from infections.
Child ate a sufficient number of main meals and snacks yesterday, for hhis/her age?	6+ to 8 months: 2-3 main meals and 1-2 nutritious snacks (one snack between two main meals) 9-23 months: 3-4 main meals and 1-2 nutritious snacks (one snack between two main meals)	A growing child needs 2-4 main meals a day and 1-2 snacks in between according to age. These meals should offer a variety of food.

Time interval between two meals adequate?	A child needs some time to get hungry again after a meal, 2-2 1/2 hours at times but this can vary from child to child.	If a child is fed before he gets hungry he will eat only a small amount or refuse food. Therefore frequent feeding should be avoided and a reasonable interval (at least 2 hours) should be kept between two meals.
Quantity of food eaten by the child at main meals yesterday appropriate for child's age?	6+ to 8 months; Gradually increase the amount till a little more than ½ of a 200 ml size cup at each main meal. 9-11 months; ¾ a cup at each main meal. 12-23 months A bit more than one full cup or more	A growing child needs an increasing amount of food.
Mother/care giver assisted the child at meal times?	Yes. Encouraging the child to eat and helping him to learn how to eat.	Young children are still learning to eat, so be patient with them and encourage and help them to eat.
Child received any vitamin or micronutrients?	Supplementary vitamins or micronutrients should be given only if the child's daily diet is inadequate to fulfill a child's daily vitamin/micronutrient needs.	Vitamin should be given as recommended for age. If dietary iron is inadequate iron supplements should be given on medical advice only.
Child ill or recovering from an illness?	During illness and when recovering additional food which are nutritious should be given to a child.	An ill child should be encouraged to drink more fluids and eat more food. Extra food should be given during recovery also to make the recovery faster.