ANNEX B

NOVA 27 Categories Tracker

			Notes: brand/identification
No	**See this list of beverages. Tick off all the ones you drank yesterday.**		
1		Sodas, soft drinks, regular or light	
2		Fruit-flavored or prepared from powdered mix beverages or jellos	
3		Bottled or Tetra Pak fruit-flavored beverages	
4	Tick off the foods consumed yesterday	Bottled, Tetra Pak or prepared from powdered mix chocolate beverage	
5		Bottled, Tetra Pak or prepared from powdered mix tea or coffee beverage	
6		Any type of flavored yogurt (including liquid yogurts)	
7		Flavored milk	
8		Powdered milk	
0		Did not drink yesterday any of the beverages on this list	
	See this list of beverages. Tick off all the ones you drank yesterday.		
1		Sausage, chorizo, salchipapa, hamburger or nuggets	
2		Seasoned and pre-cooked meats	
3		Ham, salami or mortadella	
4		Canned menestra	
5		Sliced bread or industrial bread	
6		Margarine	
7	Tick off the beverages consumed yesterday	Mayonnaise, ketchup or mustard	
8		Bottled salad dressing	
9		Frozen or fast-food restaurant French fries	
10		Humitas, quimbolitos, cassava bread, muchines, plantain empanadas, pre-cooked or frozen bonitísimas	
11		Frozen or fast-food restaurant pizza	
12		Instant noodles or spaghettis or instant powdered soups	
0		Did not eat yesterday any of the foods on this list	
	See this list of snacks. Tick off all the ones you consumed yesterday.		
1		Bagged chips or crackers or any other type of branded, salted and bagged snack	
2		Sweet cookies with or without filling	
3		Cereal bars	
4	Marcar todos los alimentos que consumió el día de ayer	Industrial cake (not homemade nor muffin, brand-name cake or powdered pancake or cake mixes)	
5		Polito or similar (non-homemade nor artisanal ice cream)	
6		Chocholate bar or bonbon, candies, chewing-gum	
7		Packaged breakfast cereals	
0		Did not eat yesterday any of the foods on this list	

Wilma B. Freire • Andrea Chávez • Elisa Jiménez • Philippe Belmont

24-hour reminder multi-step method

Consider the surveyors attitude at the beginning and during the interview.

Tell everything you ate and drank yesterday; from the time you got up until the time you went to bed.	Type of cooking	Meal time	Place the meal was consumed	Unit according to the Atlas	Amount consumed	What type of food?	Product brand	Categorize acoording to NOVA following the survey.
(Allow the interviewee to talk about all foods and beverages consumed. Do not interrupt. After they finish, ask them to define the type of cooking used for each food. Example: roasted, fried, cooked)	roasted, fired, cooked,	1. ad 2. d 3. mm 4. a 5. mt 6. m 7. dm	1. at home 2. office 3. neighborhood store 4. restaurant 5. street vendors 6. fast-food restaurant	grams, milliliters or Atlas code	Portions	-Light -Not light -Does not apply		1. minimally processed 2. cooking ingredients 3. processed 4. ultra-processed
Multi-steps:								
Paso 1	Paso 2	Paso 3.1	Paso 3.2	Paso 4.1	Paso 4.2	Paso 5.2	Paso 5.3	Paso 5.4