

Table 2. FFQ Food Items categorised into Food Groups

Num.	Food Groups	Food Items
1.	Cereal and cereal-based dishes	rice, rice porridge, glutinous rice, yellow noodles/instant noodles, rice vermicelli/flat rice noodles/laksa, loh shi fun, pasta, sago, bread, bun, roti canai, chapati, dosa, breakfast cereals, ready-to-eat cereals, pizza, corn.
2.	Fish and seafood dishes	seafood, freshwater fish, anchovies, canned fish, cockles, dried shrimp, crab, dried squid, dried fish, fish balls/fish cake, fish crackers.
3.	Seafood and shellfish	Fried catfish, roasted catfish, fried catfish in soy sauce, fried catfish in chilli, catfish in sour soup, fried cuttlefish in chilli, fried tilapia, roasted hardtail scad, fried hardtail scad, fried sardine in chilli, canned sardine, fried mackerel, roasted mackerel, mackerel in tamarind soup, mackerel in coconut milk with chili, mackerel curry, seabass in coconut milk, tuna in soy sauce, tuna coconut milk with chili, fried river catfish, river catfish in <i>tempoyak</i> soup, fried anchovy, fried anchovy in chilli, fried black pomfret, pomfret in <i>taucu</i> sauce, pomfret in sweet sour sauce, fried red snapper, salted fish, salted fried snakehead, fried prawn, fried flour coated prawn, fried shrimp in chilli, snail in coconut milk with chili.
4.	Meat	chicken, beef, buffalo, goat, burger meat, sausage, hotdog, frankfurter hotdog, nuggets, chicken, crab, shrimp, duck, ham, bacon, luncheon meat, pork (for non-muslim participants).
5.	Eggs	Chicken eggs, duck eggs, quail eggs, salted eggs.
6.	Legumes	beans, tofu, tempeh, groundnut.
7.	Milk products	milk, fresh milk/uht milk, powdered milk, evaporated/liquid milk, sweetened condensed milk, yogurt/lassi/tairu, cheese.
8.	Vegetables	fried water spinach, water spinach in clear soup, fried water spinach with prawn paste, fiddlehead fern in

Num.	Food Groups	Food Items
		coconut milk, fried spinach, mustard green soup, fried kale with salted fish, fried okra, fried long bean, fried bean sprout, cabbage in coconut milk, fried cabbage, fried broccoli, fried cauliflower, fried eggplant, fried eggplant in chilli, luffa in coconut milk, gourds clear soup, pumpkin in coconut milk, carrot in clear soup, fried carrot, mix vegetable soup, fried mix vegetables, spicy and sour soup (rasam).
9.	Fruits	papaya guava local sweet lime mango pineapple banana watermelon starfruit jackfruit apple orange / tangerine pear grapes durian rambutan fresh longan fresh lychee honeydew canned fruits dried fruits.
10.	Sugar Sweetened Beverages (SSB) and drinks	plain water, tea, coffee, chocolate drinks, malted drinks (horlicks / neslo malt), cordial syrup, fruit juices, carbonated drinks, soybean milk, botanical / herbal drinks, energy drinks.
11.	Alcohol	brandy, beer, wine, spirit, liqueur.
12.	Condiments	Sugar, honey, shrimp paste, budu (fermented anchovy sauce), cencalok (fermented shrimp paste).
13.	Sauces	chili sauce, thick soy sauce, thin soy sauce, chili/tomato sauce, oyster sauce, fish sauce, l. bread spreads, jam, coconut jam, butter, margarine, peanut butter, cheese spread, chocolate spread.