

See “An analysis of dietary fiber and fecal fibre components including pH in rural Africans with colorectal cancer” on page 99.

SUPPLEMENTARY MATERIAL

A truncated Food Frequency Questionnaire on the Dietary fiber-rich foodstuffs consumption from rural Africans with colorectal cancer and apparently healthy controls in Zaria, Nigeria

SECTION A: PERSONAL DATA

Kindly tick/fill as appropriate

Date:

Research ID No.:

Sex: Male (), Female ()

Tribe: Hausa (), Fulani (), Yoruba (), Igbo (), Others (specify)

Age (yr): <14 (), 15–25 (), 26–35 (), 36–45 (), 45–55 (), 56–65 (), 66 and above ()

Religion: Islam (), Christianity (), Others (specify)

Marital status: Single (), Married (), Widowed (), Divorced ()

Resident domicile (state/town/village):

Highest educational qualification: Primary (), Secondary (), Tertiary (), Post graduate (), Adult education (),
Qur'anic/Arabic (), Others (specify)

Occupation: House wife (), Farming (), Civil servant (), Student (), Business men ()

Number in household: 1–3 (), 4–6 (), 7–9 (), 10–12 (), Others (specify)

Approximate family income per month (N): <10,000 (), 10,000–25,000 (), 26,000–40,000 (), 41,000–55,000 (),
56,000–70,000 (), 71,000–85,000 (), 86,000–100,000 (), 101,000 and above ()

Approximate family feeding allowance/day (N): <100 (), 101–300 (), 301–600 (), 601–900 (), 901–1,200 (),
1,201–1,500 (), 1,501–1,800 (), 1,801–2,100 (), 2,101 and above ()

SECTION B: DIETARY ASSESSMENT

How many meals do you take a day? Once (), Twice (), Thrice (), Above ()

Are your meals pepperish? Yes (), No ()

Do your meals usually contain garlic or onions?

State the usual food items consumed at:

Breakfast

Lunch

Dinner

Which among the following basic food groups (and their products) do you consume more frequently in a week? Kindly indicate the approximate quantity of intake/week in the dotted lines below.

Group A:

(I) (Root and tuber vegetables):

Yam “cooked/fried/flour” ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Cassava “flour/cooked/fermented” ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Potatoes “cooked/fried” ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Bread ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Beans ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Groundnut ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Fried plantain ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Others (specify)....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

(II) (Green leafy vegetables):

Bitter-leaf soup ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Water leaf “Alayaho” ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Fluted pupkin “Ugu” ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Others (specify)....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Group B (Wheat and wheat products):

Rice ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/day.

Guinea corn flour ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/day.

Maize flour ()....., Never (), ≤ 2 (), ≥ 3 () times/week.

Millet flour ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Cooked/roasted maize ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Spaghetti ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Noodles “Indomie” ()....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/week.

Others (specify)....., Frequency: Never (), ≤ 2 (), ≥ 3 () times/day.

Group C (Fruits and fruit product):

Orange ()....., Frequency: Never (), ≥ 4 () times/week.

Mango ()....., Frequency: Never (), ≥ 4 () times/week.

Apple ()....., Frequency: Never (), ≥ 4 () times/week.

Carrot ()....., Frequency: Never (), ≥ 4 () times/week.

Others (specify)....., Frequency: Never (), ≥ 4 () times/day.

Group D (Meat, fish and their products):

- Fish ()....., Frequency: Never (), ≤2 (), ≥3 () times/day.
- Meat ()....., Frequency: Never (), ≤2 (), ≥3 () times/day.
- Deep-fried chicken ()....., Frequency: Never (), ≤2 (), ≥3 () times/day.
- Deep-fried chicken ()....., Frequency: Never (), ≤2 (), ≥3 () times/day.
- Burger-meats ()....., Frequency: Never (), ≤2 (), ≥3 () times/day.
- Steaks ()....., Frequency: Never (), ≤2 (), ≥3 () times/day.

Group E (Fats and oil based products):

- Margarine ()....., Frequency: Never (), ≤2 (), ≥3 () times/week.
- Animal fat ()....., Frequency: Never (), ≤2 (), ≥3 () times/day.
- Others (specify) , Frequency: Never (), ≤2 (), ≥3 () times/day.

SECTION C: MEDICAL HISTORY

- Do you have family history of any form of Haemorrhoid/polyp (Basir in Hausa Language)?
Yes () No (), If yes please specify period.....
- Do you have family history of cancer including colorectal, breast and pancreatic cancer?
Yes () No (), If yes please specify.....
- Have you ever suffered from any form of malignancy?
Yes () No (), If yes please specify.....
- Have you been on local medication for colorectal cancer before coming to the hospital?
Yes () No (), If yes please specify.....
- Do you smoke?
Yes () No (), If yes please indicate duration and specify frequency?
- Do you take alcohol?
Yes () No (), If yes please indicate duration and specify frequency?