

Diet Quality Questionnaire (DQQ) Food Group Classification Guide

DQQ Food Groups	Classification
1. Foods made from grains	Products from refined wheat, rice, maize.
2. Whole grains	Products from barley, oats, sorghum, fonio, millet, teff, whole wheat, whole grain maize, brown/red/black rice.
3. White roots, tubers, and plantains	See MDD-W guide
4. Legumes	See MDD-W guide
5. Vitamin A-rich orange vegetables	See MDD-W guide
6. Dark green leafy vegetables	See MDD-W guide. Exception: All lettuce is coded as other vegetable, because DQQ respondents cannot identify lettuce varieties to distinguish which is DGLV and which is not.
7. Other vegetables	See MDD-W guide. Exceptions: fresh corn is coded as category 2, whole grain. Onions are excluded because they are used ubiquitously to flavor food, and therefore do not provide a reliable indicator of vegetable consumption.
8. Vitamin A-rich fruits	See MDD-W guide
9. Citrus	Orange, tangerine, mandarin, grapefruit, pomelo and other citrus fruits eaten as a fruit. Lemon and lime are excluded because they are most often used in small amounts as a flavoring.
10. Other fruits	See MDD-W guide
11. Baked / grain-based sweets	Cakes, cookies, donuts, and other sweets primarily made from grains. They may be baked or fried.
12. Other sweets	Candy, chocolate, ice cream, ice pops, puddings, and other sweets based on sugar or milk or other.
13. Eggs	See MDD-W guide
14. Cheese	See MDD-W guide
15. Yogurt	See MDD-W guide
16. Processed meats	See WHO IARC definition: "Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavour or improve preservation. Most processed meats contain pork or beef, but may also contain other meats including poultry and offal (e.g. liver) or meat by-products such as blood."
17. Unprocessed red meat (ruminant)	Commonly cow, goat, sheep
18. Unprocessed red meat (non-ruminant)	Commonly pig, rabbit, camel, horse, lizard, frog
19. Poultry	Meat from birds
20. Fish and seafood	See MDD-W guide
21. Nuts and seeds	See MDD-W guide
22. Packaged ultra-processed salty snacks	Commercially packaged chips/crisps, puffs. Does not include meat or nuts or homemade snacks.
23. Instant noodles	Commercially packaged instant noodles and instant soups, usually sold as powder with noodles.
24. Deep fried foods	Generally savory foods, as any sweet food that is also deep fried is included in sweets (not here, to avoid double counting in "foods to limit" indicator). Deep fried fish and chicken are counted in two categories, 24 and 19/20, respectively.
25. Fluid milk	See MDD-W guide
26. Sweet tea / coffee / cocoa	Includes sweetened milk-based drinks also (such as bubble tea). Note that chocolate/flavored milk is counted in two categories: 25 and 26.
27. Fruit juice and fruit-flavored drinks	Juice, fruit-flavored drinks, bissap/hibiscus drink, sweetened ginger drink, and other sweet drinks <i>other than</i> soft drinks (group 28) and sweet tea, coffee, cocoa, or milk drinks (group 26).
28. Soft drinks	Sodas (e.g. Coca-Cola), malts (e.g. Malta Guinness), energy drinks (e.g. Red Bull), sports drinks (e.g. Gatorade). Includes drinks sweetened with sugar and non-sugar sweeteners.
29. Fast food	Refers to chains/restaurants where ultra-processed meals are the signature foods marketed and sold.
0. Excluded	Non-caloric foods (such as water, unsweetened coffee or tea), alcohol, condiments, herbs, spices, garlic, onion, lime, lemon and other items typically used in amounts <15g or to add flavor. The DQQ is designed to include sentinel foods that would typically be consumed in amounts >15g.

References

FAO. 2021. Minimum dietary diversity for women (MDD-W): An updated guide for measurement.	https://www.fao.org/documents/card/en/c/cb3434en
International Agency for Research on Cancer (IARC). 2018. Red meat and processed meat.	https://publications.iarc.fr/Book-And-Report-Series/Iarc-Monographs-On-The-Identification-Of-Carcinogenic-Hazards-To-Humans/Red-Meat-And-Processed-Meat-2018

Further instructions on how to use the DQQ can be found at: dietquality.org

