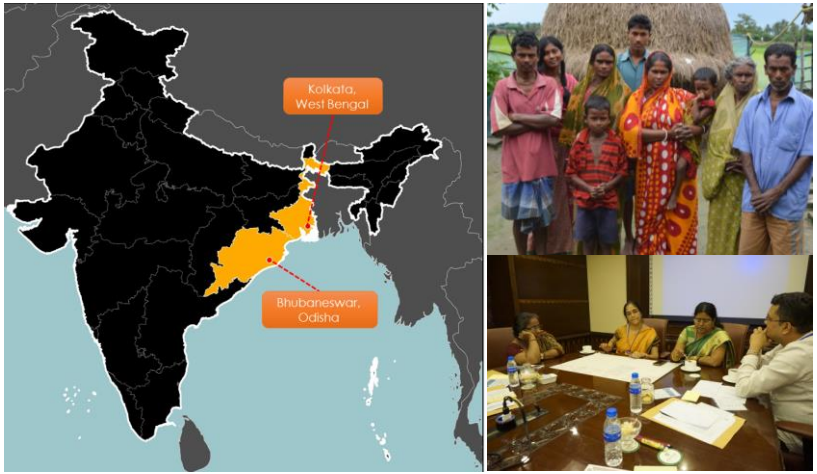
How to capture and understand the diversity of food choices in a culture-specific context?

Objective:

Capture diversity in food choices through Expert Elicitation (EE) using Gastronomic Systems Research (GSR) Framework

Target Population:

Low- to middle- income households of urban and rural areas



Arindam Samaddar[a], Jhoanne Ynion[a], Marie Claire Custodio[a], Rosa Paula Cuevas[a], Suva Kanta Mohanty[b], Anindita Ray (Chakravarti)[c] & Matty Demont[a]

[a] *International Rice Research Institute (IRRI), Philippines,* [b] *Kalinga Institute of Industrial Technology (KIIT) &Institute of Rural Management, Anand (IRMA), India*; [c]*Maharani Kasiswari College, University of Calcutta, India*

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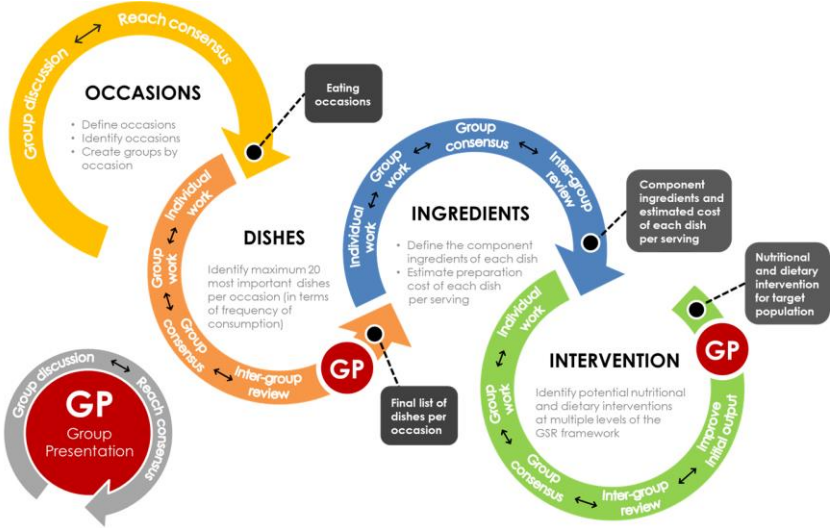
Expert elicitation



Calculation of macronutrient and calories of dishes through laboratory standardized recipes

Note: replicate this template to record the information for each dish

0	Srno (Serial number)	[input here]
1a	Name of dish in English:	[input here]
1b	Name of dish in Bengali or Oriya:	[input here]
2	Dish description:	[input here]
3	Ingredients (Main & Condiments/ Accompaniments)	

3a. Name (Local/ Eng)	3b. Amount (gm) for 1 serving for adult	3c. Cost for 1 serving for ad (in Rs.)
[input here]	[input here]	[input here]
[input here]	[input here]	[input here]
[input here]	[input here]	[input here]
[input here]	[input here]	[input here]
[input here]	[input here]	

4	Preparation method	[input here]
5	Time (in minutes) required for preparation (including cooking time)	[input here]
6	Fuel cost (in Rs.)	[input here]
7	Total cost (in Rs.) of dish	[input here]
8	Photo	[input here]
9	Comments (if any)	[input here]

Drivers of food choice: Food lab protocol

1 A list of dishes for each eating occasion will be provided by IRRI team after discussion from your side. A unique code will be assigned for each dish. Dishes for breakfast, morning snacks and afternoon snacks will be prepared separately/individually. Dishes for lunch and dinner will be prepared as one. This means that common dishes between lunch and dinner will be prepared once.

2 List all the essential kitchen utensils that needs to be purchased and prepare a budget for this for this activity .

3 For each dish, input the following information by using the template in the next sheet. Replicate Dish code: input unique code for each dish. Replicate the dish template and use it for each dish.
1a - Name of dish in English
1b - Name of dish in Bengali or Oriya
2 - Dish description: provide a short description of the dish

Recipe_No	Dish	Ingredient	Amount_gm	rbohydrate_	Protein_gm	Fat_gm	Energy_kcal
1	Aloo barbati fry	Green bean	25	1.12	0.425	0.025	6.5
1	Aloo barbati fry	Oil	10	0	0	10	90
1	Aloo barbati fry	Potato	30	6.78	0.48	0.03	29.1
1	Aloo barbati fry	Ridge gourd	35	1.19	0.175	0.035	5.95
2	Aloo bhaja	Oil	20	0	0	20	180
2	Aloo bhaja	Potato	50	11.3	0.8	0.05	48.5
2	Aloo bhaja	Salt	NULL	NULL	NULL	NULL	NULL
3	Aloo bhaja	Oil	15	0	0	15	135
3	Aloo bhaja	Potato	30	6.78	0.48	0.03	29.1
3	Aloo bhaja	Salt	NULL	NULL	NULL	NULL	NULL
4	Aloo bhate	Mustard oil	7	0	0	7	63
4	Aloo bhate	Potato	30	6.78	0.48	0.03	29.1
4	Aloo bhate	Salt	NULL	NULL	NULL	NULL	NULL
5	Aloo chokha	Bengal gram	20	12.18	3.42	1.06	72
5	Aloo chokha	Curry leaves	3	0.561	0.183	0.003	3.24
5	Aloo chokha	Oil	5	0	0	5	45
5	Aloo chokha	Onion	20	2.22	0.24	0.02	10
5	Aloo chokha	Potato	120	17.87	1.85	0.28	350.4
5	Aloo chokha	Spices	NULL	NULL	NULL	NULL	NULL
6	Aloo chop	Garlic	5	1.49	0.315	0.005	7.25
6	Aloo chop	Ginger	5	0.615	0.115	0.045	3.35
6	Aloo chop	Oil	20	0	0	20	180
6	Aloo chop	Onion	20	2.22	0.24	0.02	10
6	Aloo chop	Potato	30	6.78	0.48	0.03	29.1
6	Aloo chop	Tomato	10	3.6	0.19	0.01	2.3
6	Aloo chop	Spices	NULL	NULL	NULL	NULL	NULL
7	Aloo dum	Cardamom	2	0.742	0.185	0.045	3.95

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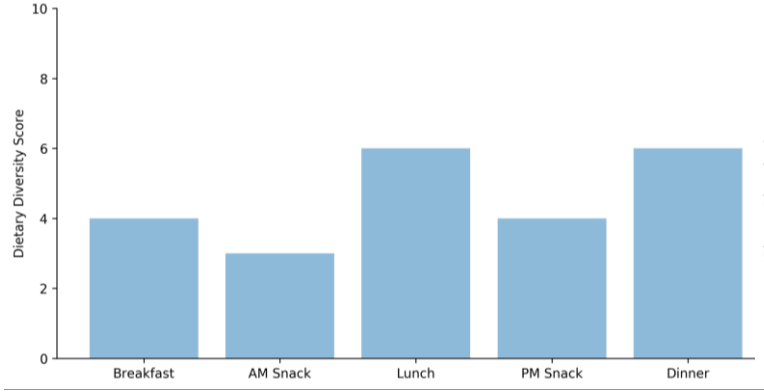
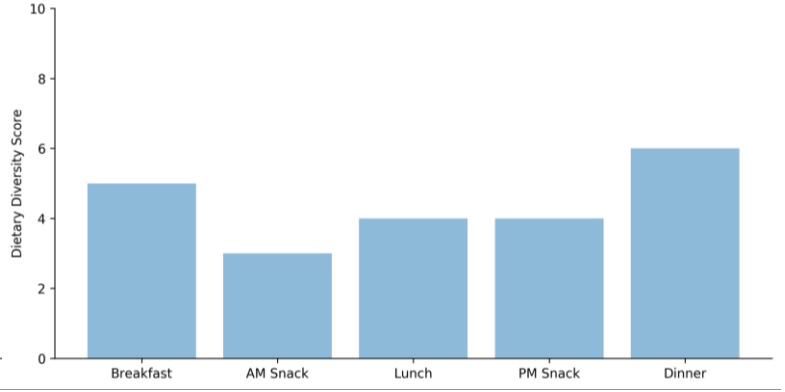
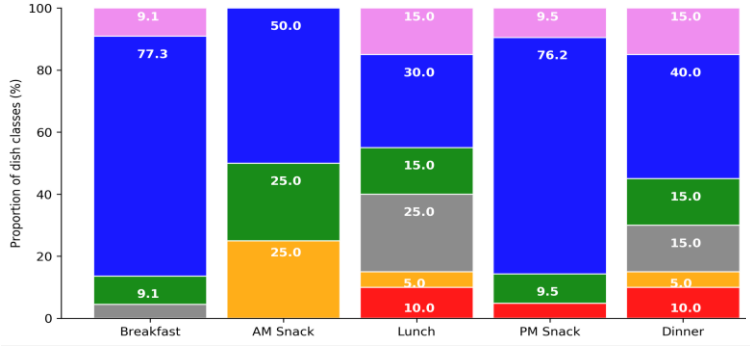
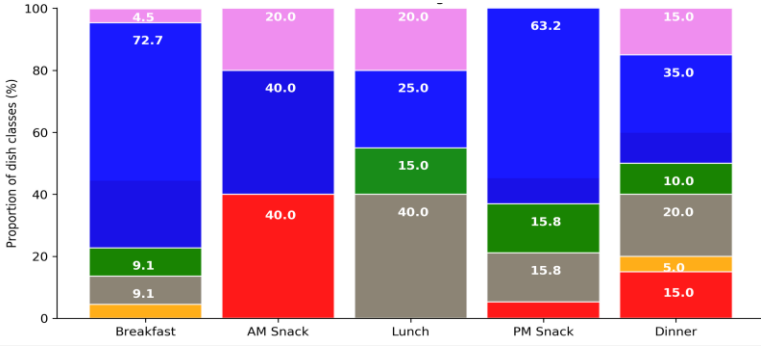
Dishes based on dish classification in the five dining occasions

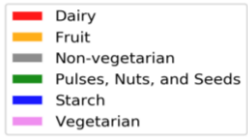




131 dishes across five dining occasions







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West Bengal

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