



IAN-AF Databases

Codebook



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Table of Weights and Sociodemographic data

Variable name	Variable description	Variable type	Variable coding	Obs.
IAN_ID	Participant identification.	Code	---	
NUT	Region of the country where the participant belongs.	Integer	1 = North 2 = Center 3 = Lisbon Metropolitan Area 4 = Alentejo 5 = Algarve 6 = Madeira 7 = Azores	
PSU	<i>Primary Sample Unit</i> to which the participant belongs.	Decimal number	See the respective table	The variable is calculated as follows: $PSU = NUT + UF * 0,01$
Ponderador1	Weight variable according to the participation rate of the first interview	Decimal number	---	
Ponderador2	Weight variable according to the participation rate of the second interview	Decimal number	---	
Sexo	Participant gender.	Integer	0 = Female 1 = Male	
Idade	Participant age (years) - integer, rounded off to the nearest lower whole number.	Integer	---	
GrupoEtario	Age group according to the age at the time of the first interview.	Integer	1 = Children (<10 years old) 2 = Adolescents (10-17 years old) 3 = Adults (18-84 years old) 4 = Elderly (>84 years old)	
EscolClass_Prop	Higher educational level completed by the individual, in adults and elderly	Integer	1 = None, 1st and 2nd cycle of the primary education 2 = 3rd cycle of primary education and high school (including after high-school) 3 = Higher education	Applicable only to adults and elderly (≥ 18 years old)

Variable name	Variable description	Variable type	Variable coding	Obs.
			7 = Not applicable 9 = Missing	
EscolClass_Pais	Higher educational level completed by the parents, in children and adolescents.	Integer	1 = None, 1st and 2nd cycle of the primary education 2 = 3rd cycle of primary education and high school (including after high-school) 3 = Higher education 7 = Not applicable 9 = Missing	Applicable only to children and adolescents (<18 years old)
EstCiv	Current marital status	Integer	1 = Single 2 = Divorced 3 = Widowed 4 = Married or non-marital partnership 7 = Not applicable 9 = Missing	Applicable only to adults and elderly (≥18 years old)
RespQuest	The person who answered the questionnaire.	Integer	1 = Mother/Stepmother 2 = Father/Stepfather 3 = Other caregiver 7 = Not applicable 9 = Missing	Applicable only to children under 10 years old.
Trab	Occupation or employment status.	Integer	1 = Worker for a fee or profit (including unpaid work in a family or farm business, internships and including also workers who do not currently exercise due to maternity and paternity licenses, sick leave or vacation) 2 = Unemployed (jobless in the reporting period, available for work and seeking employment) 3 = Other (retired, permanently disabled, student, domestic worker, performing military service or mandatory community service) 4 = Other situation	Applicable only to adults and elderly (≥18 years old)

Variable name	Variable description	Variable type	Variable coding	Obs.
			7 = Not applicable 8 = Don't know 9 = Missing	
Rend	Household monthly income (including salaries, allowances, pensions and other regular benefits) after deductions for taxes, social security, etc.		1 = (A) Less than 485 € 2 = (B) 485 - 970 € 3 = (C) 971 - 1455 € 4 = (D) 1456 - 1940 € 5 = (E) 1941 - 2425 € 6 = (F) 2426 - 2910 € 7 = (G) 2911 - 3395 € 8 = (H) 3396 - 3880 € 9 = (I) 3881 - 4365 € 10 = (J) More than 4365 € 88 = Don't know /Don't answer	Applicable only to adults and elderly (≥18 years old)
AgFam	Participant household composition.	Integer	99 = Missing	

Table of Anthropometric Measurements

Variable name	Variable description	Variable type	Variable coding	Obs.
IAN_ID	Participant identification.	Code	---	
AlturaMed	Measured length or height (cm, with 1mm precision).	Number	777,7 = Not applicable 999,9 = Missing	
AlturaRep	Health booklet registered length or self-reported height (cm).	Number	888,8 = Don't know/Didn't bring the health booklet 999,9 = Missing	
PesoMed	Measured weight (kg, with 100g precision).	Number	777,7 = Not applicable 999,9 = Missing	
PesoRep	Self-reported or health booklet registered weight (Kg).	Number	888,8 = Don't know/Didn't bring the health booklet 999,9 = Missing	
zIMC	Body Mass Index Z-score, in children.	Number	777,7 = Not applicable 999,9 = Missing	
IMC	Body Mass Index, in adults and elderly.	Number	777,7 = Not applicable 999,9 = Missing	

Table of Physical Activity

Variable name	Variable description	Variable type	Variable coding	Obs.
IAN_ID	Participant identification.	Code	---	
Desp	Usual practice of some kind of scheduled and regular sports activity.	Integer	0 = No 1 = Yes	Excluding physical education lessons. Applicable from 3 to 84 years old
SemBrinc	Time spent, on a typical weekday, in active play (in the playground, running, playing ball, cycling ...).	Integer	0 = None 1 = less than 15 min 2 = 30 min 3 = 1 h 4 = 2 h 5 = 3 h 6 = 4 h 7 = 5 h 8 = 6 h or more 77 = Not applicable 99 = Missing	Applicable from 5 to 14 years old
FdsBrinc	Time spent, on a typical weekend day, in active play (in the playground, running, playing ball, cycling ...).	Integer	0 = None 1 = less than 15 min 2 = 30 min 3 = 1 h 4 = 2 h 5 = 3 h 6 = 4 h 7 = 5 h 8 = 6 h or more 77 = Not applicable 99 = Missing	Applicable from 5 to 14 years old

Variable name	Variable description	Variable type	Variable coding	Obs.
SemTV	Time spent on a typical weekday doing the following activity: watch television.	Integer	0 = None 1 = less than 15 min 2 = 30 min 3 = 1 h 4 = 2 h 5 = 3 h 6 = 4 h 7 = 5 h 8 = 6 h or more 77 = Not applicable 99 = Missing	Applicable from 3 to 14 years old
FdsTV	Time spent on a typical weekend day doing the following activity: watch television.	Integer	0 = None 1 = less than 15 min 2 = 30 min 3 = 1 h 4 = 2 h 5 = 3 h 6 = 4 h 7 = 5 h 8 = 6 h or more 77 = Not applicable 99 = Missing	Applicable from 3 to 14 years old
SemJogarPC	Time spent on a typical weekday doing the following activity: play computer games or console.	Integer	0 = None 1 = less than 15 min 2 = 30 min 3 = 1 h 4 = 2 h 5 = 3 h 6 = 4 h	Applicable from 3 to 14 years old

Variable name	Variable description	Variable type	Variable coding	Obs.
			7 = 5 h 8 = 6 h or more 77 = Not applicable 99 = Missing	
FdsJogarPC	Time spent on a typical weekend day doing the following activity: play computer games or console.	Integer	0 = None 1 = less than 15 min 2 = 30 min 3 = 1 h 4 = 2 h 5 = 3 h 6 = 4 h 7 = 5 h 8 = 6 h or more 77 = Not applicable 99 = Missing	Applicable from 3 to 14 years old
EscEscadas	Number of times, in the last month, the participant chose: to climb the stairs instead of using elevators or escalators	Integer	0 = Never 1 = Few times 2 = Sometimes 3 = Many times 4 = Whenever possible 7 = Not applicable (answer) 77 = Not applicable 99 = Missing	Applicable from 15 to 84 years old
EscPe	Number of times, in the last month, the participant chose: stand when he/she could be seated.	Integer	0 = Never 1 = Few times 2 = Sometimes 3 = Many times 4 = Whenever possible 7 = Not applicable (answer)	Applicable from 15 to 84 years old

Variable name	Variable description	Variable type	Variable coding	Obs.
EscCaminh	Number of times, in the last month, the participant chose: walking when he/she habitually used to go by car or transports.	Integer	77 = Not applicable 99 = Missing 0 = Never 1 = Few times 2 = Sometimes 3 = Many times 4 = Whenever possible 7 = Not applicable (answer) 77 = Not applicable 99 = Missing	Applicable from 18 to 84 years old
EscPausas	Number of times, in the last month, the participant chose: take breaks during work / study for walking, standing or jogging.	Integer	0 = Never 1 = Few times 2 = Sometimes 3 = Many times 4 = Whenever possible 7 = Not applicable (answer) 77 = Not applicable 99 = Missing	Applicable from 15 to 84 years old
EscCarro	Number of times, in the last month, the participant chose: park the car in a more distant location so that he/she could walk.	Integer	0 = Never 1 = Few times 2 = Sometimes 3 = Many times 4 = Whenever possible 7 = Not applicable (answer) 77 = Not applicable 99 = Missing	Applicable from 18 to 84 years old
EscManual	Number of times, in the last month, the participant chose: do manually what he/she used to do with the help of machines.	Integer	0 = Never 1 = Few times 2 = Sometimes	Applicable from 18 to 84 years old

Variable name	Variable description	Variable type	Variable coding	Obs.
			3 = Many times 4 = Whenever possible 7 = Not applicable (answer) 77 = Not applicable 99 = Missing	
IPAQlevel	Level of physical activity of the participant, according to the IPAQ.	Integer	1 = Inactive 2 = Minimally active 3 = Very active 9 = Missing	

Table of Nutrients

Variable name	Variable description	Variable type	Variable coding	Obs.
IAN_ID	Participant identification.	Code	---	
Entrevista	Time of application of the 24-hour dietary recall questionnaire	Integer	1=First interview 2=Second interview	
ENERGY.kcal	Energy, in kilocalories	Number	---	
ENERGY.kJ	Energy, in kiloJoules	Number	---	
WATER.g	Water (nutrient), in grams	Number	---	
PROTEIN.g	Protein, in grams	Number	---	
FAT.g	Total fat, in grams	Number	---	
CARBOHYDRATES_TOTAL_AVAILABLE.g	Total available carbohydrates, in grams	Number	---	
CARBOHYDRATES_MONO.g	Total carbohydrates, expressed as monosaccharides, in grams	Number	---	
CARBOHYDRATES_MONODI.g	Mono and disaccharides, in grams	Number	---	
ALCOHOL.g	Alcohol (nutrient), in grams	Number	---	
FIBER.g	Fibre, in grams	Number	---	
SATURATED_FATTY_ACIDS.g	Saturated fatty acids, in grams	Number	---	
MONOUNSATURATED_FATTY_ACIDS.g	Monounsaturated fatty acids, in grams	Number	---	
POLYUNSATURATED_FATTY_ACIDS.g	Polyunsaturated fatty acids, in grams	Number	---	
TRANS_FATTY_ACIDS.g	Trans fatty acids, in grams	Number	---	
LINOLEIC_ACID.g	Linoleic acid, in grams	Number	---	
CHOLESTEROL.mg	Cholesterol, in milligrams	Number	---	
VITAMIN_A.mcg	Vitamin A, in micrograms	Number	---	
CAROTENE.mcg	Carotenes, in micrograms	Number	---	
VITAMIN_D.mcg	Vitamin D, in micrograms	Number	---	

Variable name	Variable description	Variable type	Variable coding	Obs.
TOCOPHEROL.mg	Tocopherol, in milligrams	Number	---	
THIAMIN.mg	Thiamine, in milligrams	Number	---	
RIBOFLAVIN.mg	Riboflavin, in milligrams	Number	---	
NIACIN_EQUIVALENTS.mg	Niacin, expressed as niacin equivalents, in milligrams	Number	---	
NIACIN.mg	Niacin, in milligrams	Number	---	
VITAMIN_B6.mg	Vitamin B6, in milligrams	Number	---	
VITAMIN_B12.mcg	Vitamin B12, in micrograms	Number	---	
VITAMIN_C.mg	Vitamin C, in milligrams	Number	---	
FOLATES.mcg	Folates, in micrograms	Number	---	
SODIUM.mg	Sodium, in milligrams	Number	---	
POTASSIUM.mg	Potassium, in milligrams	Number	---	
CALCIUM.mg	Calcium, in milligrams	Number	---	
PHOSPHORUS.mg	Phosphorus, in milligrams	Number	---	
MAGNESIUM.mg	Magnesium, in milligrams	Number	---	
IRON.mg	Iron, in milligrams	Number	---	
ZINC.mg	Zinc, in milligrams	Number	---	

Table of Foods, by Group

In this table, food consumption data is presented in grams (only considering edible parts) and refers to food items disaggregated from recipes and allocated in the appropriate food groups. Exceptionally, the variables *SnacksSalgPizz* and *DocesBolosBolach* were estimated by considering the food items in an aggregated form, adding the consumption of recipes to the consumption of isolated food items.

Variable name	Variable description	Variable type	Variable coding	Obs.
IAN_ID	Participant identification.	Code	---	
Entrevista	Time of application of the 24-hour dietary recall questionnaire	Integer	1=First interview 2=Second interview	
FrutVegLeg	Fruit, vegetables and legumes, in grams	Number		
ProdLacteos	Dairy, in grams	Number		
CerDerivTuberc	Cereals, cereal products and starchy tubers, in grams	Number		
CarnPescOvos	Meat, fish and eggs, in grams	Number		
OleoGord	Fats and oils, in grams	Number		
DocesBolosBolach	Sweets, cakes and biscuits, in grams	Number		
BebNaoAlc	Non-alcoholic beverages, in grams	Number		
BebAlc	Alcoholic beverages, in grams	Number		
AdocArtif	Artificial sweeteners, in grams	Number		
SnacksSalgPizz	Salty snacks and pizzas, in grams	Number		
SubstCarn	Meat substitutes, in grams	Number		
SubstLeit	Milk and milk products substitutes, in grams	Number		
Sal	Table salt, in grams	Number		
Outros	Other foods, in grams	Number		Yeasts and gelatins, aromas, herbs and spices, condiments, sauces and mayonnaise, soups and powdered soups.

Table of Foods, by Subgroup

In this table, food consumption data is presented in grams (only considering edible parts) and refers to food items disaggregated from recipes and allocated in the appropriate food groups. Exceptionally, the variables *Sopas*, *Doces*, *Bolos*, *Bolach*, *Snacks* and *SalgPizz* were estimated by considering the food items in an aggregated form, adding the consumption of recipes to the consumption of isolated food items.

Variable name	Variable description	Variable type	Variable coding	Obs.
IAN_ID	Participant identification.	Code	---	
Entrevista	Time of application of the 24-hour dietary recall questionnaire	Integer	1=First interview 2=Second interview	
Hort	Fresh and processed vegetables, in grams	Number		Fresh vegetables, including onions, carrots, broccoli, spinach, etc. Frozen and canned vegetables, pickles and pates.
FrutGordSem	Nuts, oilseeds and processed products, in grams	Number		Nuts, including almonds, peanuts, walnuts and cashew. Oilseeds, including flaxseed, chia seeds, pumpkin seeds and pine nuts. Caramelized nuts, peanut butter, almond paste and tahini.
FrutFresc	Fresh fruit and fruit jars, in grams	Number		Fresh fruits, including apples, bananas, oranges, grapes, etc. Commercial fruit jars intended for infant feeding.
FrutProc	Processed fruit, in grams	Number		Canned fruit in sugar syrup. Dried and dehydrated fruit.
Leg	Legumes, in grams	Number		Dry and fresh legumes, including beans, chick-peas peas and lentils.
Sopa	Soup	Number		Vegetable, meat, fish and chicken soups.
Leit	Milk - plain, processed, condensed and evaporated powder,	Number		Cow's milk, goat's milk, sheep's milk. Whole milk, semi-skimmed milk, skim milk, lactose-free milk and easily digestible milk. Milk shakes, chocolate and flavoured milk. Includes powder milk (whole, semi-skimmed, skim), condensed milk and evaporated milk.
LeitHum	Human milk, in grams	Number		

Variable name	Variable description	Variable type	Variable coding	Obs.
FormInf	Infant formula, in grams	Number		
NataLact	Milk cream, in grams	Number		Includes pasteurized and UHT cream, whipped cream and flavoured cooking cream.
logur	Yoghurt and other fermented milk, in grams	Number		Yoghurts and fermented milks (solid and liquid; fat and lean), kefir.
Queij	Cheese, in grams	Number		Includes goat, cow and sheep cheeses; fresh or cured; Cream cheese; Cottage cheese and products with protected designation of origin (PDO).
Mass	Pasta, in grams	Number		Fresh and dry pasta; stuffed pasta, whole grain pasta and gluten-free pasta.
Arroz	Rice and other grains, in grams	Number		Common, whole and wild rice. Miscellaneous grains including corn, buckwheat, quinoa, bulgur and oats.
BatTuber	Potatoes and other starchy tubers, in grams	Number		Potatoes, sweet potatoes, yam and cassava roots.
PaoTost	Bread and rusks, in grams	Number		All kinds of bread of different cereals, including loaf bread, toasts, cornbread, bread crumbs, and breadsticks.
Farinh	Flour, bread dough and pastry dough, in grams	Number		Flours, starches, flakes, semolina, doughs for bread and pizza, crumbled pastry, puffed pastry and sanded pastry.
CerInf	Infant cereals, in grams	Number		Milk and non-milk flours intended for infant consumption.
CerPeqAlm	Breakfast cereals and cereal bars, in grams	Number		Processed and sweetened cereals, muesli, granola, bran. Sweetened cereal bars, plain, with fruit or chocolate.
CarnBranc	White meat, in grams	Number		Includes chicken, turkey, rabbit, hare, pigeon, quail, duck.
CarnVerm	Red meat, in grams	Number		Includes beef, veal, lamb, mutton, lamb, pork, wild boar, horse, goat.
Visc	Offal, in grams	Number		Offal of several species, including chicken, pork, cow, veal, sheep.
Charc	Processed meat, in grams	Number		Includes ham, chorizo, sausages, bacon.
Peix	Fish, in grams	Number		Includes fresh fish and fresh fish roe, dried fish including cod and smoked salmon, and canned fish.

Variable name	Variable description	Variable type	Variable coding	Obs.
CrustMolusc	Crustaceans, molluscs and derivatives, in grams	Number		Octopus, squid, shrimp, clams, mussels, oysters, including canned varieties.
PescProc	Processed fish and seafood, in grams	Number		Includes fish sticks, pates, surimi and fish pastes.
Ovos	Eggs, in grams	Number		Includes chicken eggs, quail eggs, egg powder, liquid egg and egg white.
OleoVeg	Vegetable oils, in grams	Number		Peanut oil, palm oil, soy oil, corn oil, sunflower oil and oils of mixed vegetable origins.
Azeit	Olive oil, in grams	Number		Olive oil.
Manteig	Butter, in grams	Number		Salted and non-salted butter and lactose-free butter.
MargMinar	Margarines and minarines, in grams	Number		Vegetable creams, minarines, margarines and industrial fats.
OutrGord	Other fats, in grams	Number		Fish oil, lard and tallow.
Doces	Sweets, in grams	Number		Includes white sugar, brown sugar, demerara sugar, vanilla flavoured sugar. Honey, molasses and syrup. Jellies, fruit jams, marmalade, guava paste, candied fruits. Candy, gums and chewing gum Chocolates and chocolate snacks Ice creams with milk, cream and fruit sorbets. Milky desserts, chocolate mousse, fruit mousses, egg desserts and gelatine.
Bolos	Cakes, in grams	Number		Cakes, pies, croissants and other pastries with or without cream, including homemade recipes.
Bolach	Cookies and biscuits, in grams	Number		Includes Marie biscuits, water and salt crackers, chocolate cookies, filled biscuits, whole biscuits and others.
Snacks	Snacks and chips, in grams	Number		Bread snacks, potato chips, salted popcorn and packaged fried snacks.
SalgPizz	Savoury pies and finger foods, in grams	Number		Patties, croquettes, codfish cakes, pies, puffed pastries and pizzas.

Variable name	Variable description	Variable type	Variable coding	Obs.
Agua	Water, in grams	Number		Natural mineral water, aerated mineral water, flavoured water.
Chalnfus	Tea and infusions, in grams	Number		Black tea, green tea and herbal and fruits infusions.
Cafe	Coffee, in grams	Number		Coffee, decaffeinated, blended coffee, chicory, and coffee substitutes
SumoFrut100	Natural and 100% fruit juices, in grams	Number		Natural fruit and vegetable juices; 100% fruit and vegetable juices.
Nect	Nectars, in grams	Number		Fruit and/or vegetables nectars and light nectars.
Refrig	Soft drinks, in grams	Number		Carbonated and non-carbonated soft drinks, lemonade, tonic water, energy drinks and juice concentrates.
OutrBebNaoAlc	Other non-alcoholic beverages, in grams	Number		Isotonic drinks, non-alcoholic beer and non-alcoholic cocktails.
Vinho	Wine, in grams	Number		Red and white wines, ripe or green.
VinhGenerLicor	Liquors, in grams	Number		Port wine, Muscat wine, liqueurs and Martini.
Cervej	Beer, in grams	Number		Beer (white, black and red), with alcohol.
BebDestil	Spirits, in grams	Number		Whiskey, brandy, cognac, tequila, rum.
OutrBebAlc	Other alcoholic beverages, in grams	Number		Cider, sangria, beer panaché, and other cocktails.