

# Sri Lanka - Dietary Intakes of Sri Lankan Children 6-14 years

**Upfield Research and Development**

Report generated on: June 1, 2026

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## Identification

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### SURVEY ID NUMBER

LKA\_2021\_DISLC\_v01\_M\_v01\_A\_ESS

### TITLE

Dietary Intakes of Sri Lankan Children 6-14 years

### ABBREVIATION OR ACRONYM

DISLC LKA 2021

### COUNTRY

Name	Country code
Sri Lanka	LKA

### STUDY TYPE

Individual Food Consumption/Dietary Survey [hh/ifcs]

### ABSTRACT

The aim of the survey was to identify dietary gaps in the diet of children aged 6-14 years in Sri Lanka.

### KIND OF DATA

Sample survey data [ssd]

### UNIT OF ANALYSIS

Individuals

## Scope

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### NOTES

The survey collected information on:

- SUBJECTS: information on the participants such as age, sex, and geographical location
- CONSUMPTION: information on all foods consumed by each participant in each survey day, including quantities and nutrient values

## Coverage

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### GEOGRAPHIC COVERAGE

Sub-national coverage, both rural and urban areas.

### UNIVERSE

The population group covered in the survey was children 6-14 years old.

## Producers and sponsors

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### PRIMARY INVESTIGATORS

Name
Upfield Research and Development

## Sampling

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**SAMPLING PROCEDURE**

To select the children to include in the study and ensure accurate representations of provincial, age, and gender distribution, proportionate stratified random sampling was used. The final sample comprised 653 children aged 6-14 years old.

Data was collected using a hybrid model, combining both face-to-face and virtual interviews, because of the concurrent COVID-19 lockdowns.

Households selected for face-to-face interviews (62 percent of the total interviews) were randomly selected using the Right-Hand Rule, which works as follows. From a starting point, the Field Research Officer follows the right side of the street, a gap of one household in rural areas or two households in urban areas was maintained between households included in the study. A maximum of 15 successful interviews were conducted from each sample point.

Households included for virtual interviews (38 percent of interviews) were randomly recruited using a Sri Lankan telecommunications telephone directory.

**WEIGHTING**

No survey weights were used in this survey.

**Data collection****DATES OF DATA COLLECTION**

Start	End
2021-09-01	2021-11-17

**DATA COLLECTION MODE**

Face-to-face [f2f]

**DATA COLLECTION NOTES**

Dietary assessment of children was conducted by interviewing their caretaker and using the multi-pass quantitative 24-hour dietary recall method. The questionnaire was designed to capture demographic data, main meals, and supplementary meals, for example early morning meal/snacks. To identify the amount of food consumed by the child, the Sri Lankan Food Atlas was used. Additional questions were included in the survey to collect information such as the usage of added salt/sugar, vitamin supplements, and amount of oil.

**DATA COLLECTORS**

Affiliation
Upfield Research and Development

**Access policy****CONTACTS**

Name	Affiliation	Email
Food and Nutrition Division	Food and Agriculture Organization of the United Nations	fao-who-gift@fao.org

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#### CITATION REQUIREMENTS

Upfield Research and Development BV (Upfield); Sri Lanka; 2021; Dietary Intakes of Sri Lankan Children 6 - 14 years, 2021

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## Metadata production

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#### DDI DOCUMENT ID

DDI\_LKA\_2021\_DISLC\_v01\_M\_v01\_A\_ESS\_FAO

#### PRODUCERS

Name	Abbreviation	Affiliation	Role
Food and Nutrition Division	ESN	Food and Agriculture Organization of the United Nations	Metadata producer
Statistics Division	ESS	Food and Agriculture Organization of the United Nations	Metadata adapted for FAM

## Data Dictionary

Data file	Cases	Variables
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