

OMB #: 0925-XXXX
Expiry Date: xx/xx/xxxx

Burden statement for Automated Self Administered 24-hour Recall (ASA24):

Public reporting burden for this collection of information is estimated to average 30 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. **An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number.** Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7974, ATTN: PRA (0925-xxxx). Do not return the completed form to this address.

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NATIONAL CANCER INSTITUTE ASA24 Automated Self Administered 24-hour Dietary Recall

Remember, you will enter everything you had to eat and drink yesterday. According to my precise calculations, yesterday was Wednesday, Sep. 24, 2008. Please click the check mark button to continue.

Yesterday's date was: Wednesday, Sep. 24, 2008

September 2008						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



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ASA24
Automated Self Administered 24-hour Dietary Recall

COMMANDS

ADD A MEAL
DELETE A MEAL
EDIT MEAL

ADD A FOOD
DELETE A FOOD
MOVE FOOD
COPY FOOD
EDIT FO

OOPS

ADD A MEAL


Name: Breakfast

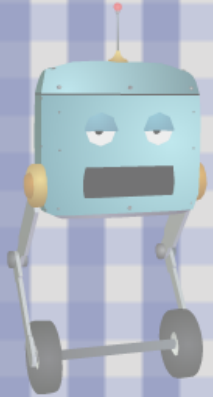
Time: 7 00 AM


Location: Home

Ate With: No one (ate alone)

TV On?: No







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Automated Self Administered 24-hour Dietary Recall

COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

 COPY FOOD

 EDIT FOOD

OOPS

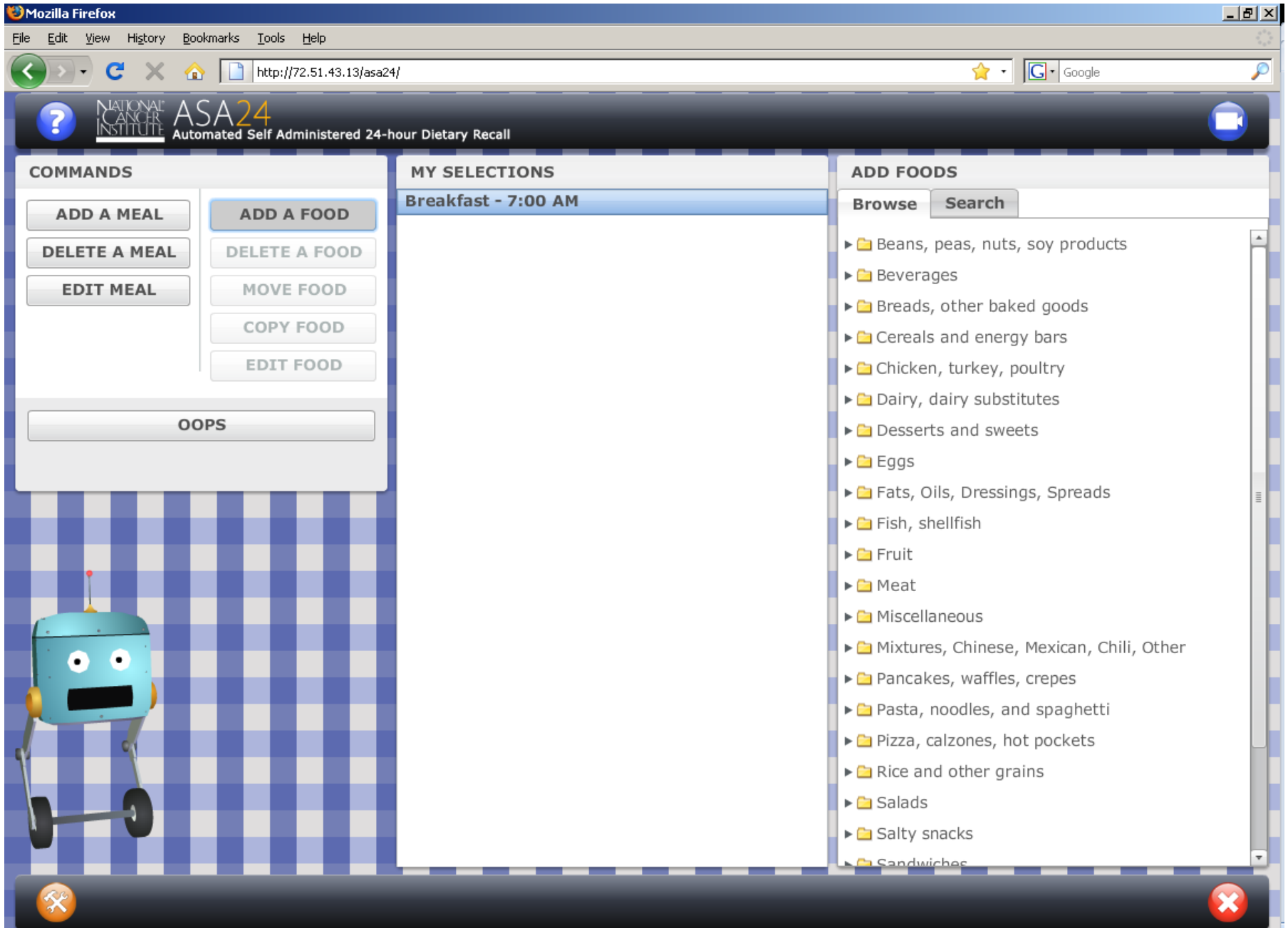
MY SELECTIONS

Breakfast - 7:00 AM

ADD FOODS

Browse Search

- ▶ Beans, peas, nuts, soy products
- ▶ Beverages
- ▶ Breads, other baked goods
- ▶ Cereals and energy bars
- ▶ Chicken, turkey, poultry
- ▶ Dairy, dairy substitutes
- ▶ Desserts and sweets
- ▶ Eggs
- ▶ Fats, Oils, Dressings, Spreads
- ▶ Fish, shellfish
- ▶ Fruit
- ▶ Meat
- ▶ Miscellaneous
- ▶ Mixtures, Chinese, Mexican, Chili, Other
- ▶ Pancakes, waffles, crepes
- ▶ Pasta, noodles, and spaghetti
- ▶ Pizza, calzones, hot pockets
- ▶ Rice and other grains
- ▶ Salads
- ▶ Salty snacks
- ▶ Sandwiches



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COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

 COPY FOOD

 EDIT FOOD

OOPS


MY SELECTIONS

Breakfast - 7:00 AM

ADD FOODS

Browse Search

- ▼ Breads, other baked goods
 - ▶ Bagels
 - ▶ Biscuits
 - ▶ Breads
 - ▶ Cakes, cupcakes, snack cakes
 - ▶ Cookies, brownies
 - ▶ Crackers
 - ▶ Croissants
 - ▶ Doughnuts
 - ▶ English muffins
 - ▶ Muffins
 - ▶ Pastries
 - ▶ Pies, tarts
 - ▶ Rolls, buns
 - ▶ Sweet breads, coffee cakes, sweet rolls
 - ▶ Tortillas, taco shells, other shells
 - ▶ Other
- ▶ Cereals and energy bars
- ▶ Chicken, turkey, poultry
- ▶ Dairy, dairy substitutes
- ▶ Desserts and sweets



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COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

COPY FOOD

EDIT FOOD

OOPS

MY SELECTIONS

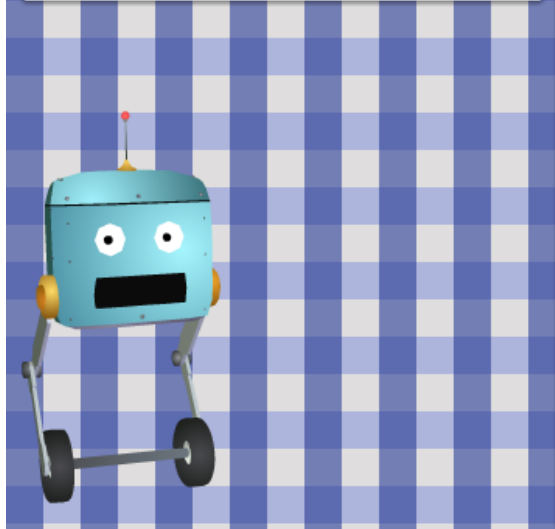
Breakfast - 7:00 AM

ADD FOODS

Browse Search

- Sweet bread (reduced fat)
- Sweet bread (regular)
- Sweet bread (unknown kind)
- Syrian flat bread (100% whole wheat)
- Syrian flat bread (cracked wheat)
- Syrian flat bread (other kind)
- Syrian flat bread (unknown kind)
- Syrian flat bread (wheat)
- Syrian flat bread (white)
- Syrian flat bread (whole wheat)
- Texas toast
- Toast
- Vegetable bread
- Wheat bread
- Wheat germ bread
- Wheatberry bread
- White bread
- White with whole wheat swirl bread
- Whole wheat bread
- Zwieback toast

Cakes, cupcakes, snack cakes




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COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

COPY FOOD

EDIT FOOD

OOPS

DONE WITH ALL MEALS

MY SELECTIONS

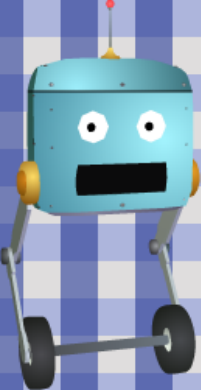
Breakfast - 7:00 AM

- ☐ Toast

ADD FOODS

Browse Search

- ▶ Beans, peas, nuts, soy products
- ▶ Beverages
- ▶ Breads, other baked goods
- ▶ Cereals and energy bars
- ▶ Chicken, turkey, poultry
- ▶ Dairy, dairy substitutes
- ▶ Desserts and sweets
- ▶ Eggs
- ▶ Fats, Oils, Dressings, Spreads
- ▶ Fish, shellfish
- ▶ Fruit
- ▶ Meat
- ▶ Miscellaneous
- ▶ Mixtures, Chinese, Mexican, Chili, Other
- ▶ Pancakes, waffles, crepes
- ▶ Pasta, noodles, and spaghetti
- ▶ Pizza, calzones, hot pockets
- ▶ Rice and other grains
- ▶ Salads
- ▶ Salty snacks
- ▶ Sandwiches



COMMANDS

ADD A MEAL ADD A FOOD
DELETE A MEAL DELETE A FOOD
EDIT MEAL MOVE FOOD
COPY FOOD
EDIT FOOD

OOPS

MY SELECTIONS

Breakfast - 7:00 AM

- ▼ Toast
 - ▼ Bread grain?
 - White
 - ▼ Source?
 - Commercial
 - Butter (real)
 - Tea (regular)

Lunch - 12:00 PM

ADD DETAILS

Toast : Presliced?

Yes
 No
 Don't know



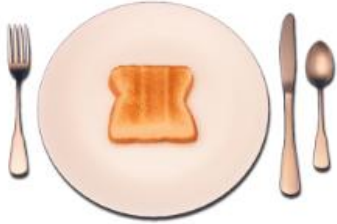
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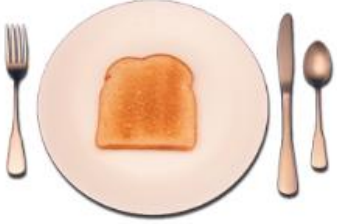
Toast : Size?



Regular slice



Thin or small slice



Thick or large slice

Don't know


Oops

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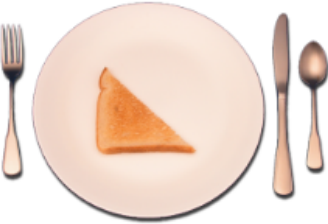
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Toast : Amount eaten?



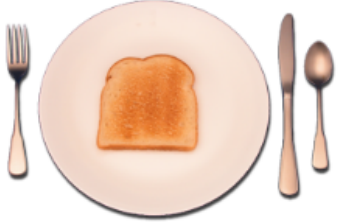
1/4 slice



1/2 slice



3/4 slice



1 slice

Less than 1/4 slice

More than 1 slice

slice

Don't know

Oops

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COMMANDS

MY SELECTIONS

Breakfast - 7:00 AM

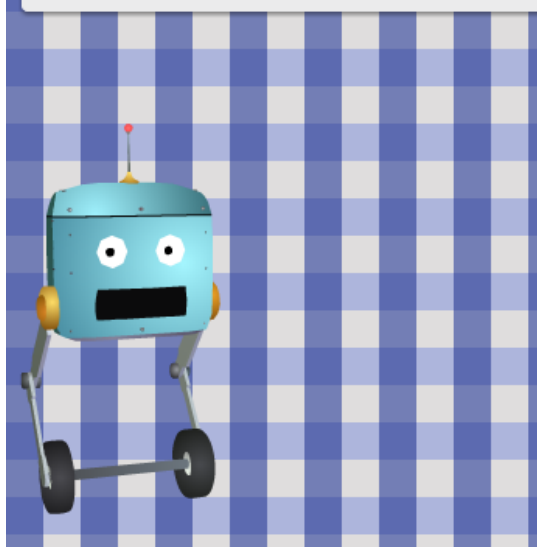
- ▼ Toast
 - ▼ Bread grain?
 - White
 - ▼ Source?
 - Commercial
 - ▼ Presliced?
 - Yes
 - ▼ Size?
 - Thick or large slice
 - ▼ Amount eaten?
 - 2 slice
- Butter (real)
- Tea (regular)

Lunch - 12:00 PM

ADD DETAILS

Toast : Anything Added?

Nothing Added
 Honey
 Mustard
 Olive oil
 Butter
 Cheese
 Cottage cheese
 Cream cheese
 Dip
 Egg
 Gravy
 Ham
 Jam, jelly, preserves
 Margarine, butter replacements
 Mayonnaise
 Peanut butter, other nut butters
 Sour Cream
 Sugars and sugar substitutes



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Automated Self Administered 24-hour Dietary Recall

COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

COPY FOOD

EDIT FOOD

OOPS

MY SELECTIONS

Breakfast - 7:00 AM

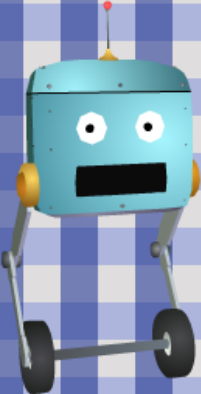
- ▼ Toast
 - ▼ Bread grain?
 - White
 - ▼ Source?
 - Commercial
 - ▼ Presliced?
 - Yes
 - ▼ Size?
 - Thick or large slice
 - ▼ Amount eaten?
 - 2 slice
- Butter (real)
- Tea (regular)

Lunch - 12:00 PM

ADD DETAILS

Toast : Anything Added?

- Nothing Added
- Honey
- Mustard
- Olive oil
- ▼ Butter
 - Butter (real)
 - Butter (real, whipped)
 - Ghee
 - Land O Lakes (butter)
 - Land O Lakes (unknown if butter or margarine)
- ▶ Cheese
- ▶ Cottage cheese
- ▶ Cream cheese



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COMMANDS

ADD A MEAL ADD A FOOD
DELETE A MEAL DELETE A FOOD
EDIT MEAL MOVE FOOD
COPY FOOD
EDIT FOOD

OOPS

MY SELECTIONS

Breakfast - 7:00 AM

- Toast
 - Bread grain?
 - White
 - Source?
 - Commercial
 - Presliced?
 - Yes
 - Size?
 - 2 slice
 - Amo

Butter (real)
Tea (regular)

ADD DETAILS

Toast : Anything Added?

Nothing Added
 Honey
 Mustard
 Olive oil

Butter (1 selected)


- Butter (real)
- Butter (real, whipped)
- Ghee
- Land O Lakes (butter)
- Land O Lakes (unknown if butter or margarine)

Cheese
Cottage cheese
Cream cheese

Confirm Duplicate

Is this the Butter (real) you have already added for this meal?

Yes No



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COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

COPY FOOD

EDIT FOOD

OOPS

MY SELECTIONS

Breakfast - 7:00 AM

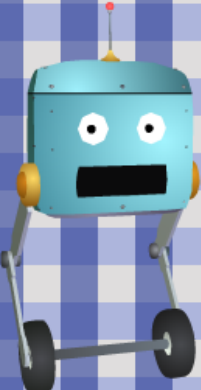
- ▼ Toast
 - ▼ Bread grain?
 - White
 - ▼ Source?
 - Commercial
 - ▼ Presliced?
 - Yes
 - ▼ Size?
 - Thick or large slice
 - ▼ Amount eaten?
 - 2 slice
 - ▼ Anything Added?
 - ▼ Jam (all flavors, regular)
 - ▼ Report as?
 - Spoonfuls
 - ▼ Amount eaten?
 - 2 tablespoons
- Butter (real)
- Tea (regular)

Lunch - 12:00 PM

ADD DETAILS

Butter (real) : Form?

- Stick
- Tub
- Other
- Don't know



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COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

 COPY FOOD

 EDIT FOOD

OOPS

Was it regular, light, nonfat, blend, or something else?

MY SELECTIONS

Breakfast - 7:00 AM

- ▼ Bread grain?
 - White
- ▼ Source?
 - Commercial
- ▼ Presliced?
 - Yes
- ▼ Size?
 - Thick or large slice
- ▼ Amount eaten?
 - 2 slice
- ▼ Anything Added?
 - ▼ Jam (all flavors, regular)
 - ▼ Report as?
 - Spoonfuls
 - ▼ Amount eaten?
 - 2 tablespoons
 - ▼ Butter (real)
 - ▼ Form?
 - Stick
 - Tea (regular)

Lunch - 12:00 PM

ADD DETAILS

Butter (real) : Type?

- Regular
- Light
- Other
- Don't know

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COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

COPY FOOD

EDIT FOOD

OOPS

MY SELECTIONS

Breakfast - 7:00 AM


- ▼ Source?
 - Commercial
- ▼ Presliced?
 - Yes
- ▼ Size?
 - Thick or large slice
- ▼ Amount eaten?
 - 2 slice
- ▼ Anything Added?
 - ▼ Jam (all flavors, regular)
 - ▼ Report as?
 - Spoonfuls
 - ▼ Amount eaten?
 - 2 tablespoons
 - ▼ Butter (real)
 - ▼ Form?
 - Stick
 - ▼ Type?
 - Regular
 - Tea (regular)

Lunch - 12:00 PM

ADD DETAILS

Butter (real) : Report as?

- Spoonfuls
- Pats
- Don't know







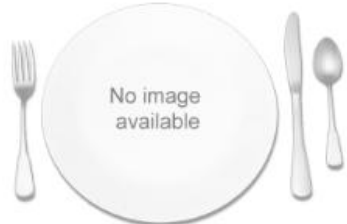

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Beer (regular) : Container type?

		
<input type="radio"/> Bottle	<input type="radio"/> Can	<input type="radio"/> Cup
		
<input type="radio"/> Glass	<input type="radio"/> Glass	<input type="radio"/> Mug

Added to another food

Other

Don't know


Oops


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Beer (regular) : Container size?

 12 fluid ounces

 16 fluid ounces

 24 fluid ounces

 24 fluid ounces

Other

Don't know

Oops

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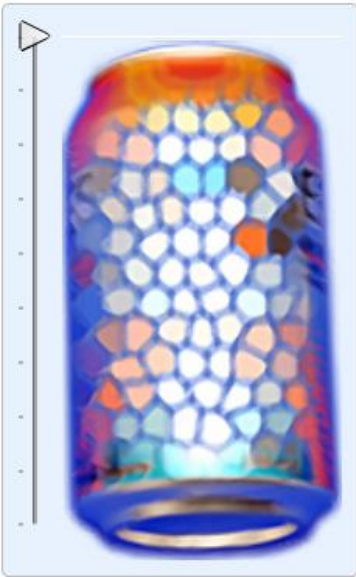
COMMANDS

ADD A MEAL ADD A FOOD
DELETE A MEAL DELETE A FOOD
EDIT MEAL MOVE FOOD
COPY FOOD
EDIT FOOD

OOPS

MY SELECTIONS

Beer (regular) : Amount you drank?




- 100% (all)
- 90%
- 80%
- 70%
- 60%
- 50% (half)
- 40%
- 30%
- 20%
- 10%
- More than 1 cup
- Less than 10%
- Don't know

Oops

12 fluid ounces

ADD DETAILS

Loading Details



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COMMANDS

- ADD A MEAL
- DELETE A MEAL
- EDIT MEAL
- ADD A FOOD
- DELETE A FOOD
- MOVE FOOD
- COPY FOOD
- EDIT FOOD

MY SELECTIONS

- Breakfast - 7:00 AM
- Lunch - 12:00 PM
 - Frozen
 - Baked or fried?
 - Baked
 - Report as?
 - Cups

ADD DETAILS

OOPS

Details Completed

You have finished the detail question for the list of foods and drinks that you have now.

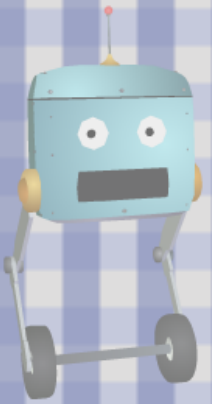
Are you sure that you listed everything that you ate and drank yesterday in the My Selections box?

If No, click on the Add More Foods button to add a food or drink to your list.

If Yes, click on the Finished button to go on to the Final Review.

Finished Add More Foods

- Beer (regular)
 - Container type?
 - Can
 - Container size?
 - 12 fluid ounces
 - Amount you drank?
 - 100% (all)



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COMMANDS

ADD A MEAL ADD A FOOD

DELETE A MEAL DELETE A FOOD

EDIT MEAL MOVE FOOD

COPY FOOD

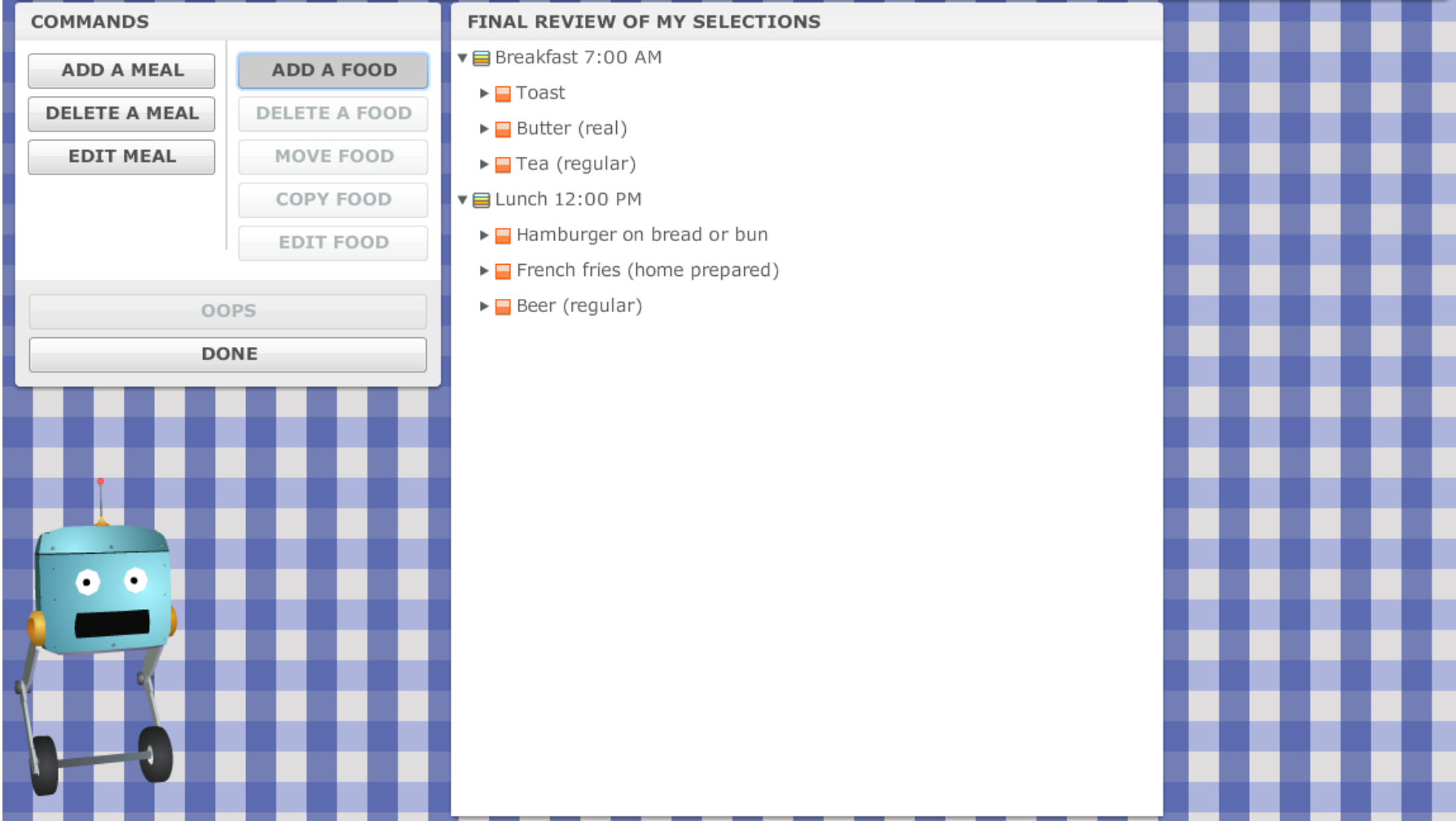
EDIT FOOD

OOPS

DONE

FINAL REVIEW OF MY SELECTIONS

- Breakfast 7:00 AM
 - Toast
 - Butter (real)
 - Tea (regular)
- Lunch 12:00 PM
 - Hamburger on bread or bun
 - French fries (home prepared)
 - Beer (regular)



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COMMANDS

ADD A MEAL
DELETE A MEAL
EDIT MEAL

ADD A FOOD
DELETE A FOOD
MOVE FOOD
COPY FOOD
EDIT FOOD

OOPS
DONE

FINAL REVIEW OF MY SELECTIONS

Breakfast 7:00 AM

- ▶ Toast
- ▶ Butter (real)
- ▶ Tea (regular)

Forgotten Foods

In addition to the foods you already reported, did you have any:

Coffee, tea, soft drinks, milk or juice? Yes No

Beer, wine, cocktails or other alcoholic drinks? Yes No

Cookies, candy, ice cream, or other sweets? Yes No

Chips, crackers, popcorn, pretzels, nuts or other snack foods? Yes No

Fruits, vegetables, or cheese? Yes No

Breads, rolls or tortillas? Yes No

Anything else? Yes No

