

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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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

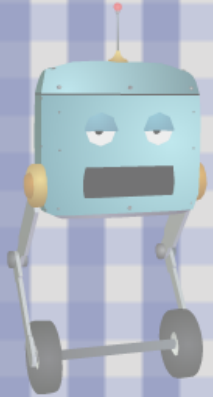
Time: 7 00 AM

Location: Home

Ate With: No one (ate alone)

TV On?: No





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NATIONAL CANCER INSTITUTE 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 FOOD
- OOPS

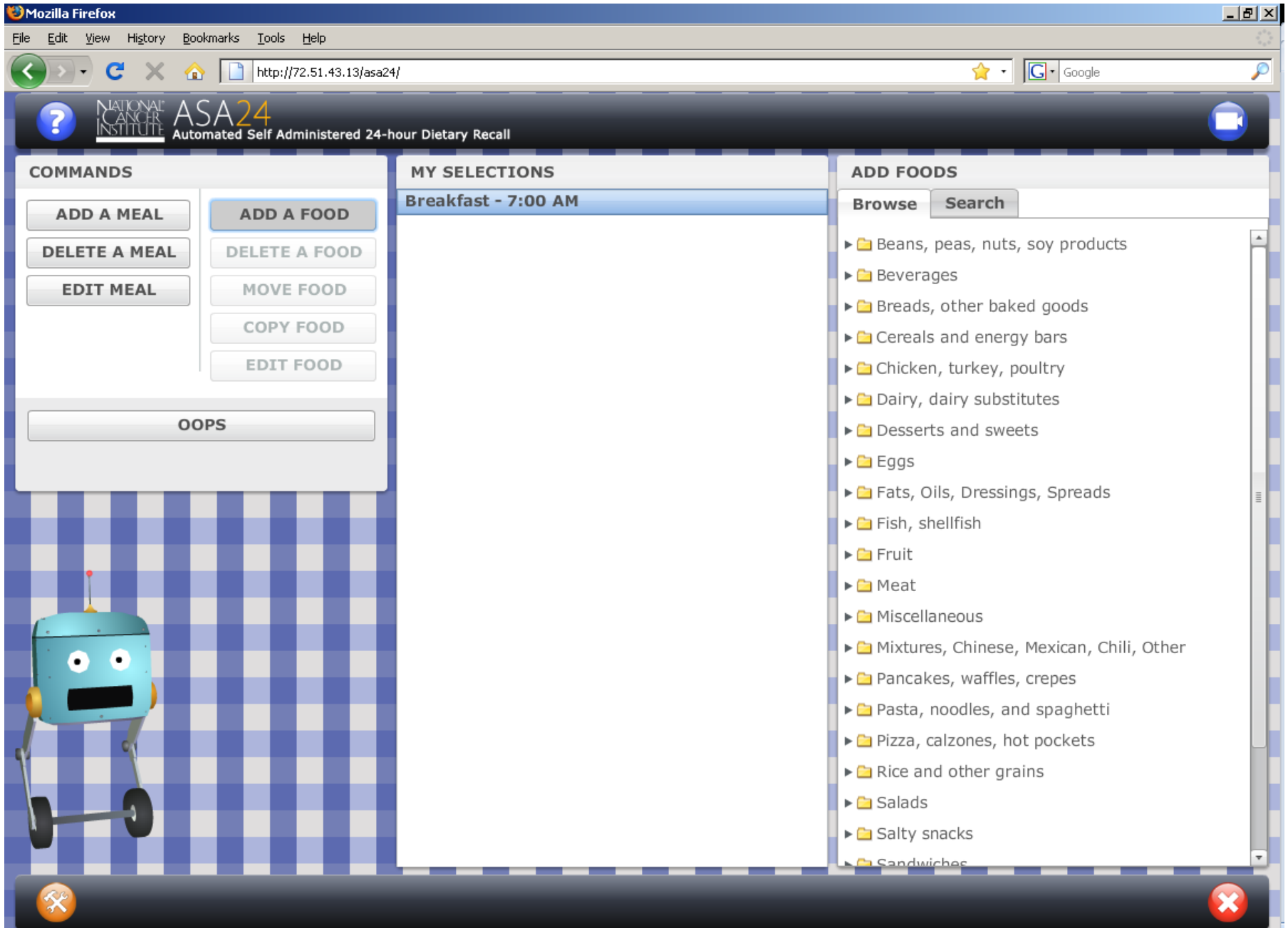
### MY SELECTIONS

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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 **ASA24**  
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

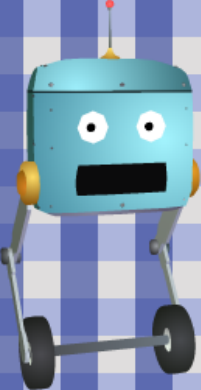
**MY SELECTIONS**

Breakfast - 7:00 AM

**ADD FOODS**

Browse Search

- ▼ 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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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

- 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**

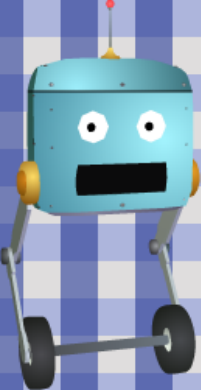
Breakfast - 7:00 AM

- ☐ 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





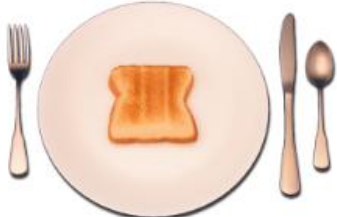
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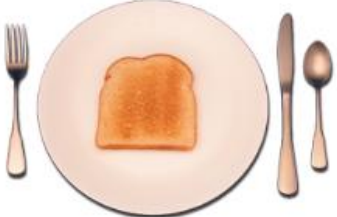
### Toast : Size?



Regular slice



Thin or small slice



Thick or large slice

Don't know

**Oops**


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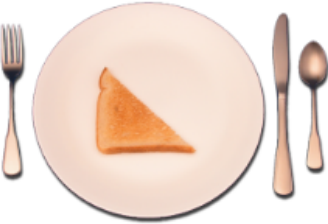
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### Toast : Amount eaten?




No image available

1/4 slice

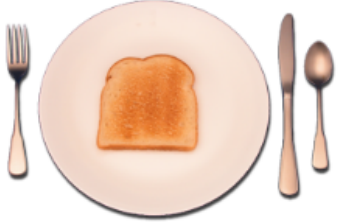


1/2 slice



No image available

3/4 slice



1 slice

Less than 1/4 slice

More than 1 slice

slice

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**

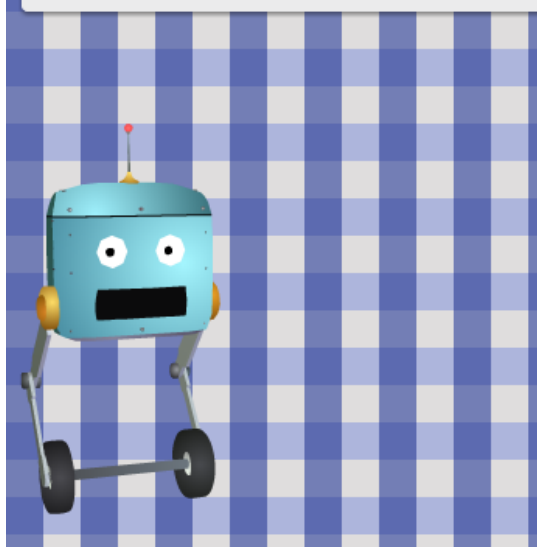
- ▼ Toast
  - ▼ Bread grain?
    - White
  - ▼ Source?
    - Commercial
  - ▼ Presliced?
    - Yes
  - ▼ Size?
    - Thick or large slice
  - ▼ Amount eaten?
    - 2 slice
- Butter (real)
- Tea (regular)

**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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**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**

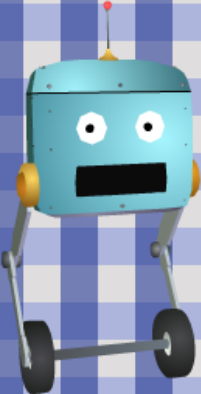
**Toast : Anything Added?**

- 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
- Butter (real)
- Tea (regular)

Lunch - 12:00 PM

**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**

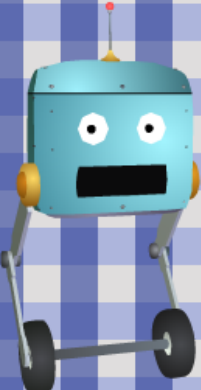
- ▼  Toast
  - ▼  Bread grain?
    - White
  - ▼  Source?
    - Commercial
  - ▼  Presliced?
    - Yes
  - ▼  Size?
    - Thick or large slice
  - ▼  Amount eaten?
    - 2 slice
  - ▼  Anything Added?
    - ▼  Jam (all flavors, regular)
      - ▼  Report as?
        - Spoonfuls
      - ▼  Amount eaten?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









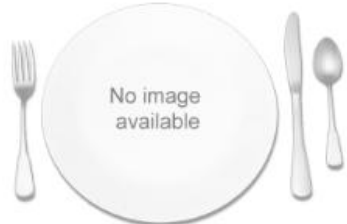

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### Beer (regular) : Container type?

		
<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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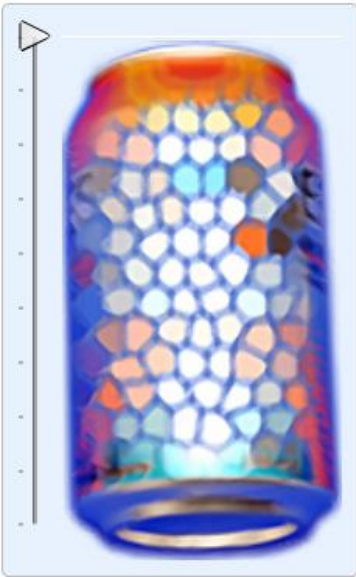
#### COMMANDS

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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### ASA24

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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**

**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?

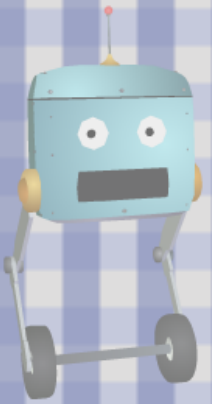
If No, click on the Add More Foods button to add a food or drink to your list.

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

**Finished** **Add More Foods**

**OOPS**

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

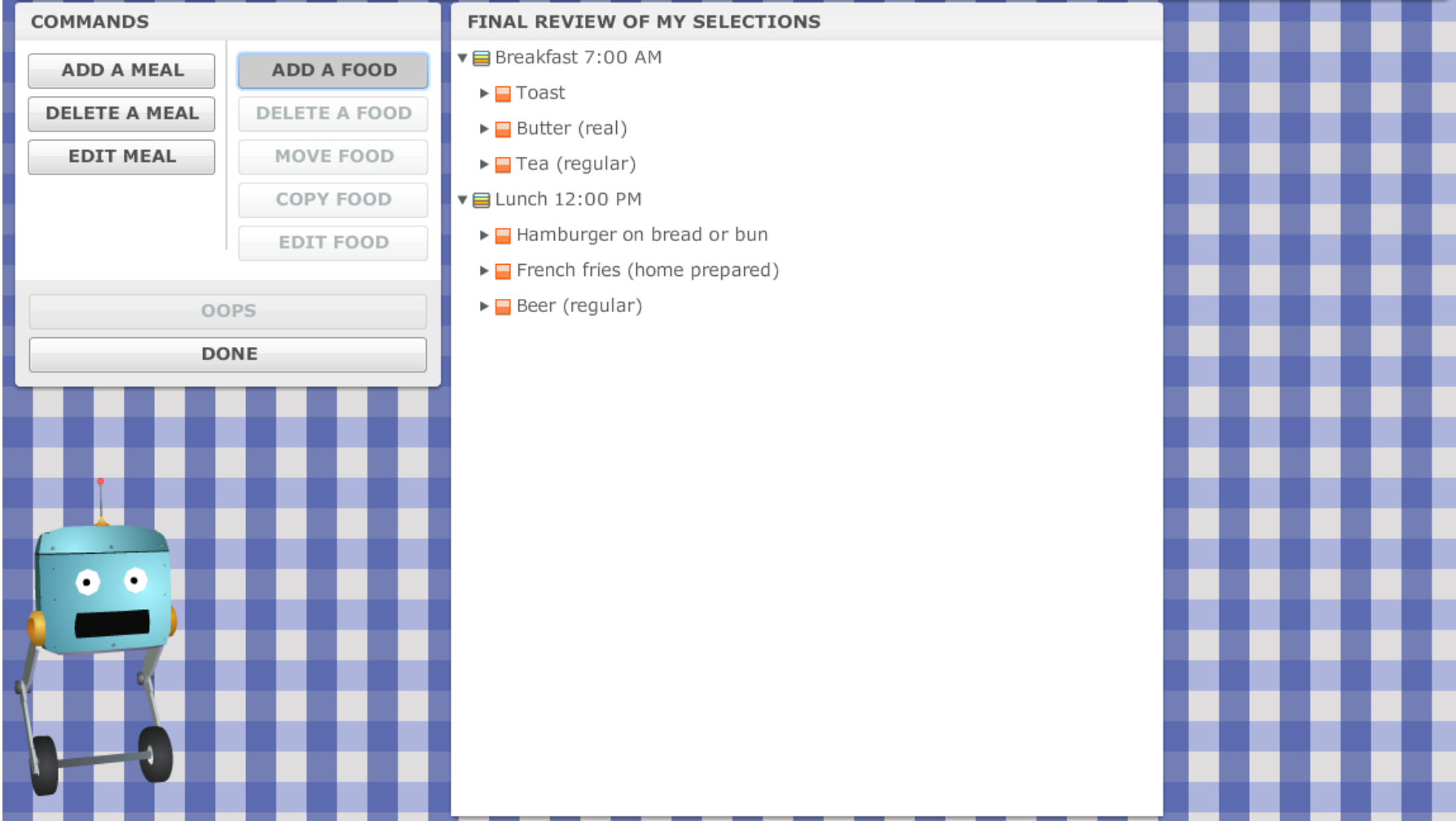
EDIT FOOD

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

