

**The following are helpful tips to guide you as you complete your child's diet recall:**

- Be sure your screen resolution is set to 1024 x 768 or larger.
- The ASA24 requires the Silverlight plugin. If the computer you are using does not already have the Silverlight plugin, you will be prompted to download it. Go to <http://www.microsoft.com/getsilverlight/Get-Started/Install/Default.aspx>.
- Set aside at least 30 minutes to completely enter your dietary recall once you sign-on to the website.
- Log into the website <https://asa24.westat.com/default.aspx> **three separate times (at least two days apart) within one month** and enter your child's dietary recall.
- User name and password are case sensitive so it is important to type each letter and number as it reads. Make sure to enter the website exactly as it appears above. If you enter it incorrectly, you might go to the website but won't be allowed to log in.
- As you enter information on the ASA24 website remember to include every item you ate and drank throughout the previous 24 hours (12:00 am-11:59 pm).



**Log into the website three times (at least two days apart) within a month to enter your ASA24 hour dietary recall.**

<https://asa24.westat.com/default.aspx>

**User Name:** \_\_\_\_\_

**Password:** \_\_\_\_\_

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 (0925-0593). Do not return the completed form to this address.

# NCS Quick Guide for Completing the Automated Self-Administered 24 Hour Dietary Recall



Let the penguin walk you through the first recall. After that, you can choose to turn it off (see upper right hand corner).



Wait at least two days before completing the next dietary recall.

 <b>Actions</b> Select an action below to edit your foods and drinks.	 <b>Find a Food or Drink</b> Browse the categories or search using the box below.	 <b>My Foods and Drinks</b> What I ate and drank Yesterday,
<p><b>To change a food</b>, highlight food or meal in the ‘<b>My Foods and Drinks</b>’ panel then click on the command button in the ‘<b>Actions</b>’ panel.</p> <p><b>Hint:</b> use the copy a food or drink button for the same food/drinks or meals to prevent having to type them in twice.</p> <p>Once you have listed all the major foods/drinks, select ‘<b>Done entering all meals and snacks</b>’.</p>	<p>Double click to get foods to your ‘<b>My Foods and Drinks</b>’ panel.</p> <p><b>Notice two search methods:</b> Type in or select using the food categories. Do not put additions to your food just yet.</p> <p>The ASA24 system will ask about additions to foods as you continue on. <i>An example of an addition would be milk added to cereal.</i></p> <p>This panel will change to:</p> <div data-bbox="751 1144 1050 1226" data-label="Image"></div> as you continue entering your child’s recall.	<p>Click on arrow to the left of the mealtime to expand meals</p> <div data-bbox="1394 857 1850 1144" data-label="Image"></div> <p>For the final review, this panel will change to:</p> <div data-bbox="1331 1234 1829 1334" data-label="Image"></div>

## Need help?

Notice the help button at the top right. If the computer freezes, try logging out and then back in.

**Can’t find a food/drink?** – make a best match! Still not able to find your food/drink? Enter as much detail as possible. Include all of the items, name brand, amount you ate and place where the item came from such as the name of grocery or vending. Be sure to select the meal where this missing food/drink belongs. **Remember to mark on the food record** that you were not able to find this food in the ASA24 system.