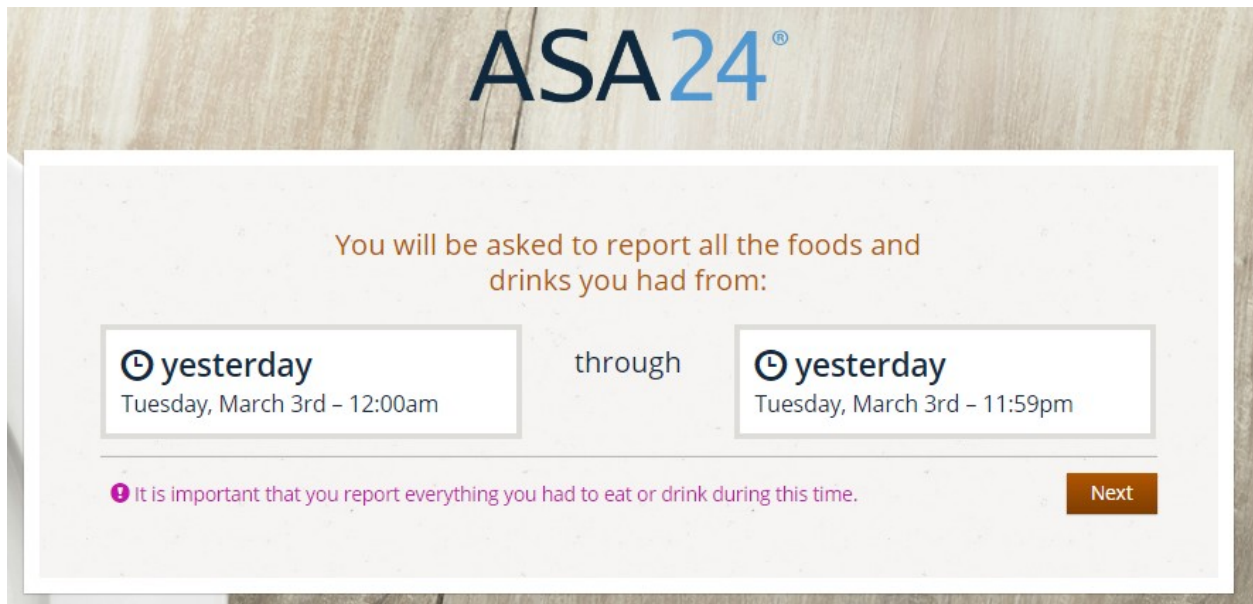
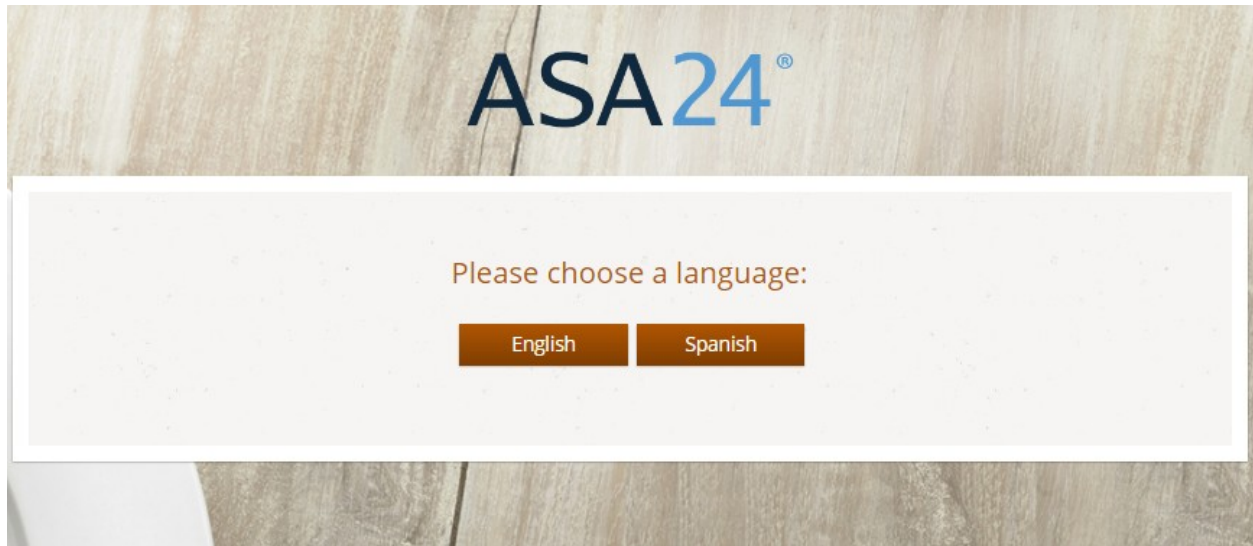


ASA24 Screenshots





My Foods & Drinks

starting Tuesday, March 3rd - 12:00am

WELCOME



Use this icon, at any time, to return home and see what you have already reported.

Help

For assistance, select HELP on the bottom left of each screen or select any ? icon.

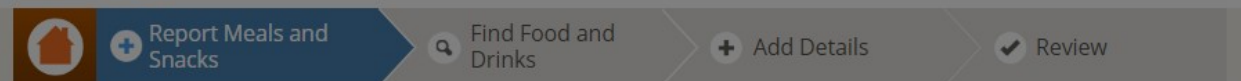
You may show or hide tips any time by clicking "Show Tips" or "Hide Tips" on the top right of the page.

Remember, we want to know all the foods and drinks you had from **Tuesday, March 3rd - 12:00am** through **Tuesday, March 3rd - 11:59pm**.

ending Tuesday, March 3rd - 11:59pm

Help

Report a Meal



Report a Meal or Snack

All fields are required

Select a meal or snack:

Please select one

Report meals and snacks

First, enter your meals and snacks. Next, report the foods, drinks and supplements you had yesterday. A supplement is any vitamin, mineral, or herbal supplement, including over-the-counter and prescription dietary supplements.

OK




 Report Meals and Snacks


 Find Food and Drinks


 Add Details


 Review

Report a Meal or Snack

All fields are required

Select a meal or snack:

Please select one
 

Please select one

Breakfast

Brunch

Lunch

Dinner

Supper

Snack

Just a Drink

Just a Supplement

All fields are required

Select a meal or snack:

Breakfast

Day of the Breakfast:

Tuesday, March 3rd

Time of the Breakfast:

(Select a time between Tuesday, March 3rd - 12:00am and Tuesday, March 3rd - 11:59pm)

07 : 00 AM

Location:

Home

TV and computer use while eating and drinking (Select all that apply):

- ☐ Watching TV
☐ Using a computer or laptop
☐ Using a mobile phone or tablet
☒ None of these

Did you eat with anyone?

- ☒ Yes
☐ No

Who did you eat with?

- ☒ Family member(s)
☐ Other(s)

Help

Cancel

Find Foods and Drinks

[+ Report Meals and Snacks](#)[Find Food and Drinks](#)[Add Details](#)[Review](#)

Find Foods & Drinks

🕒 Breakfast, Tuesday, March 3rd

Search: ⓘ

[Search](#)

What I ate and drank for Breakfast,
Tuesday 7:00am

[Help](#)[★ Favorites](#)[✂ Recipes](#)[Finish with This Meal](#)[+ Report Meals and Snacks](#)[Find Food and Drinks](#)[Add Details](#)[Review](#)

Find Foods & Drinks

🕒 Breakfast, Tuesday, March 3rd

Search: ⓘ

[Search](#)

What I ate and drank for Breakfast,
Tuesday 7:00am

Filter your results: ⓘ

Breads, Cereals, Bakery products & Salty snacks:

- ☐ Cake, Cookie, Pie (1)
- ☐ Cereal, Hot cereal, Grits (9)

10 Results:

[Add a recipe »](#)

[Cheerios](#)
[Cheerios Treats bar](#)
[Honey Nut Cheerios](#)
[MultiGrain Cheerios](#)
[Oat Cluster Crunch Cheerios](#)
[Berry Burst Cheerios](#)
[Chocolate cheerios](#)
[Apple Cinnamon Cheerios](#)
[Frosted Cheerios](#)
[Yogurt Burst Cheerios](#)

[I can't find what I am looking for »](#)

[Help](#)[★ Favorites](#)[✂ Recipes](#)[Finish with This Meal](#)



Report Meals and Snacks



Find Food and Drinks



Add Details



Review

Find Foods & Drinks

⌚ Breakfast, Tuesday, March 3rd

Search: 🔍

coffee

Search

Filter your results: 🔍

Beverages:

- ☐ Alcoholic drink (1)
- ☒ Coffee, Tea (24)

Breads, Cereals, Bakery products & Salty snacks:

- ☐ Bread, Muffin, Roll, Tortilla (1)
- ☐ Cake, Cookie, Pie (1)

Candy, Sweets:

- ☐ Chocolate (2)

Meat, Poultry, Fish, Eggs & Nuts:

- ☐ Eggs (1)

24 Results:

Add a recipe »

Coffee

Coffee substitute

Iced coffee

Espresso coffee

Mocha coffee

French style coffee

International Coffee

Cuban coffee

Turkish coffee

Irish Mocha Mint coffee

Orange cappuccino coffee

Suisse mocha coffee

Cappuccino

Frappuccino

Break Away

Iced latte

Macchiato

Mocha frappuccino with whipped cream

Mocha frappuccino

Sanka

Cafe Mocha

Pero

Postum

Demitasse

I can't find what I am looking for »

What I ate and drank for Breakfast, Tuesday 7:00am

Cheerios	★	🗑️
Banana	★	🗑️

Help

★ Favorites

🔪 Recipes



Finish with This Meal


[Report Meals and Snacks](#)

[Find Food and Drinks](#)

[Add Details](#)

[Review](#)

My Foods & Drinks

starting Tuesday, March 3rd - 12:00am

BREAKFAST

Tuesday 7:00am

[+ Add](#)


Cheerios

[Tools](#)

Banana

[Tools](#)

Coffee

[Tools](#)

ending Tuesday, March 3rd - 11:59pm

[Help](#)
[+ Report a Meal](#)
[Next](#)



Report Meals and Snacks

Find Food and Drinks

Add Details

Review

My Foods & Drinks

starting Tuesday, March 3rd - 12:00am

BREAKFAST

Tuesday 7:00am

+ Add



Cheerios

Tools

Banana

Tools

Coffee

Tools

LUNCH

Tuesday 12:00pm

+ Add



Lentil soup

Tools

Saltine crackers

Tools

Tea, hot or iced

Tools

DINNER

Tuesday 6:30pm

+ Add



Chicken breast

Tools

Broccoli

Tools

White rice

Tools

White wine

Tools

ending Tuesday, March 3rd - 11:59pm

Help

+ Report a Meal

Next



+ Report Meals and Snacks



Find Food and Drinks



Add Details



Review

My Foods & Drinks

starting Tuesday, March 3rd - 12:00am

GAP

Tuesday 12:00 am to Tuesday 7:00am

Review gaps

Before adding details, make sure that you have included ALL your meals and snacks. Gaps between the meals and snacks you already listed are in pink.

OK

+ Report a Meal

Dismiss This Gap x

BREAKFAST

Tuesday 7:00am

Cheerios

Tools

Banana

Tools

Coffee

Tools

+ Add



GAP

Tuesday 7:00 am to Tuesday 12:00pm

+ Report a Meal

Dismiss This Gap x

LUNCH

Tuesday 12:00pm

Lentil soup

Tools

Saltine crackers

Tools

Tea, hot or iced

Tools

+ Add



GAP

Tuesday 12:00 pm to Tuesday 6:30pm

+ Report a Meal

Dismiss This Gap x

DINNER

Tuesday 6:30pm

Chicken breast

Tools

Broccoli

Tools

White rice

Tools

White wine

Tools

+ Add



GAP

Tuesday 6:30 pm to Tuesday 11:59pm

+ Report a Meal

Dismiss This Gap x

ending Tuesday, March 3rd - 11:59pm

Help

+ Report a Meal

+ Add Details

[Report Meals and Snacks](#)[Find Food and Drinks](#)[Add Details](#)[Review](#)

My Foods & Drinks

starting Tuesday, March 3rd - 12:00am

BREAKFAST

Tuesday 7:00am

[+ Add](#)

Cheerios

[Tools](#)

Banana

[Tools](#)

Coffee

[Tools](#)

LUNCH

Tuesday 12:00pm

[+ Add](#)

Lentil soup

[Tools](#)

Saltine crackers

[Tools](#)

Tea, hot or iced

[Tools](#)

GAP

Tuesday 12:00 pm to Tuesday 6:30pm

[+ Report a Meal](#)[Dismiss This Gap x](#)

DINNER

Tuesday 6:30pm

[+ Add](#)

Chicken breast

[Tools](#)

Broccoli

[Tools](#)

White rice

[Tools](#)

White wine

[Tools](#)

GAP

Tuesday 6:30 pm to Tuesday 11:59pm

[+ Report a Meal](#)[Dismiss This Gap x](#)

ending Tuesday, March 3rd - 11:59pm

[Help](#)[+ Report a Meal](#)[+ Add Details](#)

 Report Meals and Snacks

 Find Food and Drinks

 Add Details

 Review

My Foods & Drinks

starting Tuesday, March 3rd - 12:00am

BREAKFAST

[+ Add](#) [✎](#) [🗑](#)

Tuesday 7:00am

Cheerios

[Tools](#)

Banana

[Tools](#)

Coffee

[Tools](#)

LUNCH

[+ Add](#) [✎](#) [🗑](#)

Tuesday 12:00pm

Lentil soup

[Tools](#)

Saltine crackers

[Tools](#)

Tea, hot or iced

[Tools](#)

DINNER

[+ Add](#) [✎](#) [🗑](#)

Tuesday 6:30pm

Chicken breast

[Tools](#)

Broccoli

[Tools](#)

White rice

[Tools](#)

White wine

[Tools](#)

ending Tuesday, March 3rd - 11:59pm

[Help](#)[+ Report a Meal](#)[➔ Add Details](#)



+ Report Meals and Snacks



Find Food and Drinks



+ Add Details



Review

Add details to your Cheerios

⌚ Breakfast Tuesday, March 3rd - 7:00am

Cheerios: Where did you get this food (or most of the ingredients for it)?

Select an option ▼

- Select an option
- Supermarket or grocery store
- Convenience store
- Other store (any type)
- Produce stand, farmer's market, orchard, or community supported agriculture (CSA) organization
- Fast food or drive-thru restaurant
- Other restaurant, bar or tavern
- School cafeteria
- Other cafeteria
- Grown or caught by you or someone you know
- Sport, recreation, or entertainment venue
- Soup kitchen, shelter, or food pantry
- Street vendor or vending truck
- Vending machine
- Child care center, day care, or camp
- Residential dining facility or adult day care center
- Not applicable
- Other
- Don't know

Next



+ Report Meals and Snacks



Find Food and Drinks



+ Add Details



Review

Add details to your Cheerios

⌚ Breakfast Tuesday, March 3rd - 7:00am

Cheerios: What kind was it?

Select an option ▼

- Select an option
- Apple Cinnamon
- Banana Nut
- Berry Burst
- Chocolate
- Frosted
- Fruity
- Honey Nut
- Multigrain
- Oat Cluster Crunch
- Plain
- Yogurt Burst
- Other
- Don't know

Back

Next



+ Report Meals and Snacks



Find Food and Drinks



+ Add Details



Review

Add details to your Cheerios

⌚ Breakfast Tuesday, March 3rd - 7:00am

Cheerios: How much did you actually eat? ?

Don't know	Less than 1/4 cup	1/4 cup	1/2 cup	3/4 cup	1 cup	1 1/4 cups	1 1/2 cups	1 3/4 cups	2 cups	More than 2 cups
------------	-------------------	---------	---------	---------	-------	------------	------------	------------	--------	------------------

AMOUNT: 1 cup

[Help](#)[← Back](#)[Next →](#)

+ Report Meals and Snacks



Find Food and Drinks



+ Add Details



Review

Add details to your Cheerios

⌚ Breakfast Tuesday, March 3rd - 7:00am

Cheerios: Did you add anything to your Cheerios that you haven't already reported?

- ☒ Yes
- ☐ Nothing Added
- ☐ Don't know

Search for additions:

Additions to your Cheerios

Skim milk

[Help](#)[← Back](#)[Next →](#)



+ Report Meals and Snacks



Find Food and Drinks



Add Details



Review

Add details about the Skim milk that you added to your Cheerios

🕒 Breakfast Tuesday, March 3rd – 7:00am

Skim milk: How much did you have with your food? ?



Don't know	Less than 1 tablespoon	1 tablespoon	2 tablespoons	1/4 cup	1/2 cup (4 ounces)	3/4 cup	1 cup (8 ounces)	1 1/2 cup	2 cup (16 ounces)	More than 2 cups
------------	------------------------	--------------	---------------	----------------	--------------------	---------	------------------	-----------	-------------------	------------------

AMOUNT: 1/4 cup

Help

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Next →



+ Report Meals and Snacks



Find Food and Drinks



Add Details



Review

Add details to your Banana

🕒 Breakfast Tuesday, March 3rd – 7:00am

Banana: Where did you get this food (or most of the ingredients for it)?

Supermarket or grocery store ▼

Help

Next →



+ Report Meals and Snacks



Find Food and Drinks



+ Add Details



Review

Add details to your Banana

🕒 Breakfast Tuesday, March 3rd - 7:00am

Banana: How would you like to report the amount you ate?

Select an option

Select an option

Cups

Slices

Whole fruit

Don't know

← Back

Next →



+ Report Meals and Snacks



Find Food and Drinks



+ Add Details



Review

Add details to your Banana

🕒 Breakfast Tuesday, March 3rd - 7:00am

Banana: What size was it? ?



Don't know

Extra small (less than 6 inches long)

Small (6 to 6 7/8 inches long)

Medium (7 to 7 7/8 inches long)

Large (8 to 8 7/8 inches long)

Extra large (9 inches or longer)

AMOUNT: Medium (7 to 7 7/8 inches long)

Help

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Next →



Add details to your Coffee

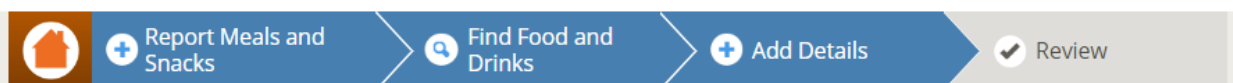
🕒 Breakfast Tuesday, March 3rd – 7:00am

Coffee: Where did you get this food (or most of the ingredients for it)?

Supermarket or grocery store ▼

Help

➔ Next



Add details to your Coffee

🕒 Breakfast Tuesday, March 3rd – 7:00am

Coffee: What kind was it?

Ground ▼

Help

⬅ Back

➔ Next



Add details to your Coffee

🕒 Breakfast Tuesday, March 3rd – 7:00am

Coffee: Was it regular or decaffeinated?

Regular ▼

Help

⬅ Back

➔ Next

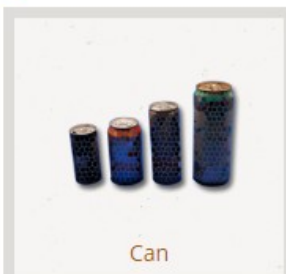
Add details to your Coffee

🕒 Breakfast Tuesday, March 3rd - 7:00am

Coffee: Did you drink your beverage out of a cup, glass, or something else or was it added to another food? 🟡



Bottle



Can



Cup



Glass



Mug



Added to another food



Other



Don't know

Help

← Back

Next →

Coffee: What size was it? ⓘ

 2 fluid ounces	 6 fluid ounces	 8 fluid ounces	 12 fluid ounces
 14 fluid ounces	 16 fluid ounces	Other	 Don't know

Help

← Back

Next →

ASA24®

Show Tips

A A

Finish Later



+ Report Meals and Snacks



Find Food and Drinks



Add Details



Review

Add details to your Coffee

⌚ Breakfast Tuesday, March 3rd - 7:00am

Coffee: How much did you actually drink? ⓘ

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

AMOUNT: 100% (all)

Help

← Back

Next →



Add details to your Coffee

🕒 Breakfast Tuesday, March 3rd - 7:00am

Coffee: Did you add anything to your Coffee that you haven't already reported?

- ☐ Yes
- ☒ Nothing Added
- ☐ Don't know

Help

← Back

Next →



How much did you actually drink?

Select an option

Help

← Back

Next →

Done with details

You have added details about all the foods, drinks, and supplements you reported for Tuesday, March 3rd - 12:00am to Tuesday, March 3rd - 11:59pm.

Do you want to add any other foods, drinks, or supplements?

Yes

No



Report Meals and Snacks



Find Food and Drinks



Add Details



Review

Review

starting Tuesday, March 3rd - 12:00am

Show food details »

BREAKFAST

Tuesday 7:00am

Cheerios » (show details)

Banana » (show details)

Coffee » (show details)

LUNCH

Tuesday 12:00pm

Lentil soup » (show details)

Saltine crackers » (show details)

Tea, hot or iced » (show details)

DINNER

Tuesday 6:30pm

Chicken breast » (show details)

Broccoli » (show details)

White rice » (show details)

White wine » (show details)

ending Tuesday, March 3rd - 11:59pm

Help



Make Changes



Next

Frequently Forgotten Foods

Certain foods and drinks are frequently forgotten. In addition to the foods and drinks you already reported, did you have any:

 All fields are required

Water, including tap, faucet, bottled, water fountain?

☐ Yes ☒ No

Coffee, tea, soft drinks, milk or juice?

☐ Yes ☒ No

Beer, wine, cocktails or other 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 cheeses?

☐ Yes ☒ No

Breads, rolls or tortillas?

☐ Yes ☒ No

Supplements

☐ Yes ☒ No

Anything else?

☐ Yes ☒ No

[Help](#)

 [Next](#)

Frequently Forgotten Foods

Certain foods and drinks are frequently forgotten. In addition to the foods and drinks you already reported, did you have any:

 All fields are required

Water, including tap, faucet, bottled, water fountain?

☐ Yes ☒ No

Coffee, tea, soft drinks, milk or juice?

☐ Yes ☒ No

Beer, wine, cocktails or other drinks?

☐ Yes ☒ No

Cookies, candy, ice cream or other sweets?

☐ Yes ☒ No

Chips, crackers, popcorn, pretzels, nuts?

☐ Yes ☒ No

Fruits, vegetables or cheeses?

☐ Yes ☒ No

Breads, rolls or tortillas?

☐ Yes ☒ No

Supplements

☐ Yes ☒ No

Anything else?

☐ Yes ☒ No

Last chance

Did you have anything else to eat or drink between Tuesday, March 3rd - 12:00am to Tuesday, March 3rd - 11:59pm?

Yes

No

Help

 Next

ASA24[®]

Show Tips A A Finish Later



Report Meals and Snacks



Find Food and Drinks



Add Details



Review

Amount of Reported Food

How usual was the amount you reported?

The amount of food and drinks I had from Tuesday, March 3rd - 12:00am to Tuesday, March 3rd - 11:59pm was:

☐ Much more than usual

☒ Usual

☐ Much less than usual

Help

 Next

ASA24®

Nutrition Profile

Would you like to view your nutrition profile for the day(s) you just reported on?

No

Yes

ASA24®

Nutrition Profile Information

Please provide the following information:

Age:

Sex: ☒ Female
☐ Male

Pregnant? ☐

Breastfeeding? ☐

Exit ASA24

Continue

ASA24®

Nutrition Profile Disclaimer

Each individual's specific food and nutrient needs are unique. To give you an idea of how you are doing, the following tables and graphs compare your intake for the day to guidelines from the Dietary Guidelines for Americans and nutrient requirements from the Institute of Medicine.

Exit ASA24

I accept

Caloric Intake By Meal



Day(s)

From: Mar 3, 2020 12:00:00 AM
To: Mar 3, 2020 11:59:59 PM

Daily Calories [More Info](#)

Allowance	2,000
Eaten	1,197

Daily Food Group Targets [More Info](#)

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	6.0 ounces	2.5 cups	2.0 cups	3.0 cups	5.5 ounces
Eaten	2.5 ounces	2.1 cups	0.8 cups	0.3 cups	4.6 ounces
Status	Under	Under	Under	Under	Under

Daily Food Group Targets

Data

[Chart](#)

Grains	
Total target	6.0 ounces
Total eaten	2.5 ounces
Total status	Under
Grains Subgroups	
Grains Subgroups	Amount Eaten
Whole grains	0.9 ounces
Refined grains	1.6 ounces

Fruits	
Total target	2.0 cups
Total eaten	0.8 cups
Total status	Under
Fruits Subgroups	
Fruits Subgroups	Amount Eaten
Whole fruits	0.8 cups
Juice	0.0 cups

Dairy	
Total target	3.0 cups
Total eaten	0.3 cups
Total status	Under
Dairy Subgroups	
Dairy Subgroups	Amount Eaten
Milk	0.3 cups
Yogurt	0.0 cups
Cheese	0.0 cups

Protein Foods	
Total target	5.5 ounces
Total eaten	4.6 ounces
Total status	Under
Protein Foods Subgroups	
Protein Foods Subgroups	Amount Eaten
Meat, Poultry and Eggs	4.6 ounces
Seafood	0.0 ounces
Nuts, Seeds and Soy	0.0 ounces

*The Protein Foods Group consists of meat, poultry, seafood, eggs, nuts and seeds, soy products (other than soymilk), and legumes.

Vegetables	
Total target	2.5 cups
Total eaten	2.1 cups
Total status	Under
Vegetables Subgroups	
Vegetables Subgroups	Amount Eaten
Dark Green vegetables	1.0 cups
Red and Orange vegetables	0.1 cups
Legumes (beans and peas)	0.8 cups
Starchy vegetables	0.0 cups
Other vegetables	0.1 cups

To achieve a healthy eating pattern, the Dietary Guidelines for Americans encourage you to:

- Make half your grains whole grains. Limit products made with refined grains, especially those high in fat, sugars, and/or sodium, such as cookies, cakes, and some snack foods.
- Eat a variety of fruits, emphasizing whole fruits. When consuming juice, choose 100% juices without added sugars.
- Eat a variety of colors and types of vegetables, including dark green, red and orange, and legumes (beans and peas).
- Choose fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- Eat a variety of protein foods, with an emphasis on seafood and plant proteins, such as legumes (beans and peas), nuts, seeds, and soy products.

Nutrients Intake Report

Data

Chart



Search nutrients...

Nutrients	Target	Actual Eaten	Status
Calcium (mg)	1,000	344	Under
Carbohydrate (g)	130	172	OK
Cholesterol (mg)	No Daily Target	113	OK
Choline (mg)	425	253	Under
Copper (mg)	0.9	0.8	Under
Folate (µg DFE)	400	804	OK
Iron (mg)	18	18	OK
Linoleic Acid (g)	12	4	Under
Magnesium (mg)	320	236	Under
Niacin (mg)	14	28	OK
Phosphorus (mg)	700	931	OK
Potassium (mg)	4,700	2,387	Under
Protein (g)	46	67	OK
Riboflavin (mg)	1.1	1.5	OK
Saturated Fat (% kcal)	No Daily Target	3	OK
Selenium (µg)	55	57	OK
Sodium (mg)	No Daily Target	2,138	OK
Thiamin (mg)	1.1	1.1	Under
Total Fat (% kcal)	20	15	Under
Total Fiber (g)	25	23	Under
Vitamin A (µg RAE)	700	549	Under
Vitamin B12 (µg)	2.4	2.7	OK
Vitamin B6 (mg)	1.3	2.5	OK
Vitamin C (mg)	75	122	OK
Vitamin D (µg)	15	2	Under
Vitamin E (mg AT)	15	4	Under
Vitamin K (µg)	90	257	OK
Zinc (mg)	8	10	OK

Data

Chart

Category	Limit	Actual Eaten	Status
■ Empty Calories	Less than 270 kcal per day	86 kcal	OK
■ Solid Fats	*	0 g	*
■ Added Sugars	Less than 50 g per day	41 g	OK
■ Alcohol	*	12 g	*
■ Saturated Fat	Less than 22 g per day	5 g	OK
■ Sodium	Less than 2,300 mg per day	2,138 mg	OK

Cancel nutrition profile

If you exit ASA24 now you will not be able to generate a nutrition profile at a later time. Are you sure you want to quit?

Yes

No

Data

Chart

Category	Limit	Actual Eaten	Status
■ Empty Calories	Less than 270 kcal per day	86 kcal	OK
■ Solid Fats	*	0 g	*
■ Added Sugars	Less than 50 g per day	41 g	OK
■ Alcohol	*	12 g	*
■ Saturated Fat	Less than 22 g per day	5 g	OK
■ Sodium	Less than 2,300 mg per day	2,138 mg	OK

Print

Finish