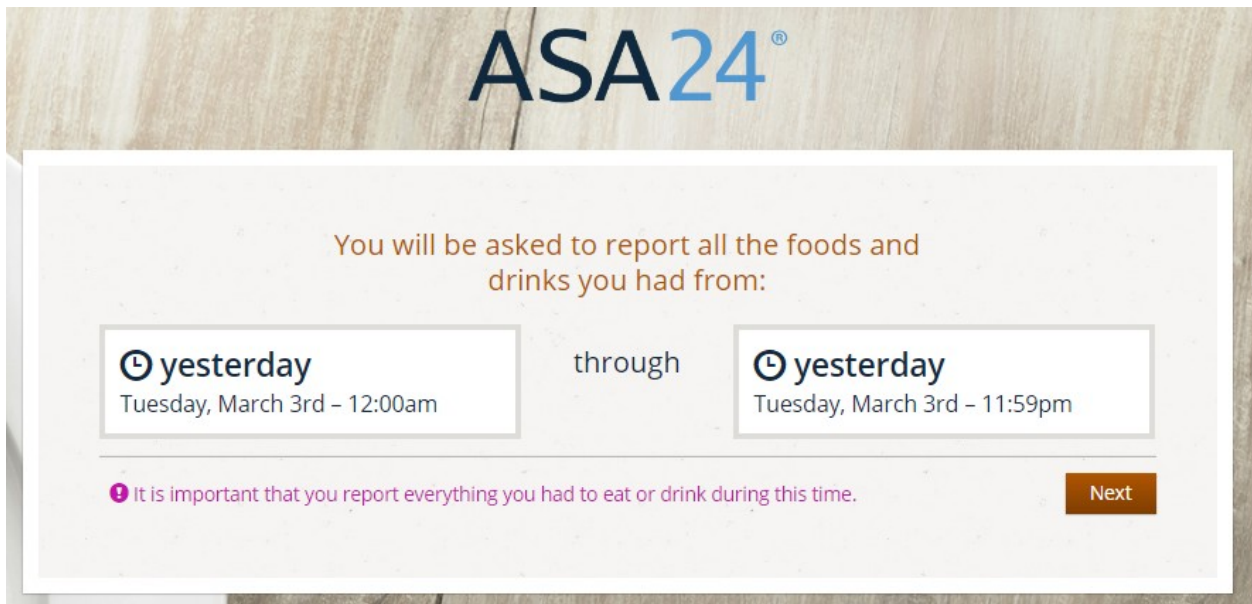
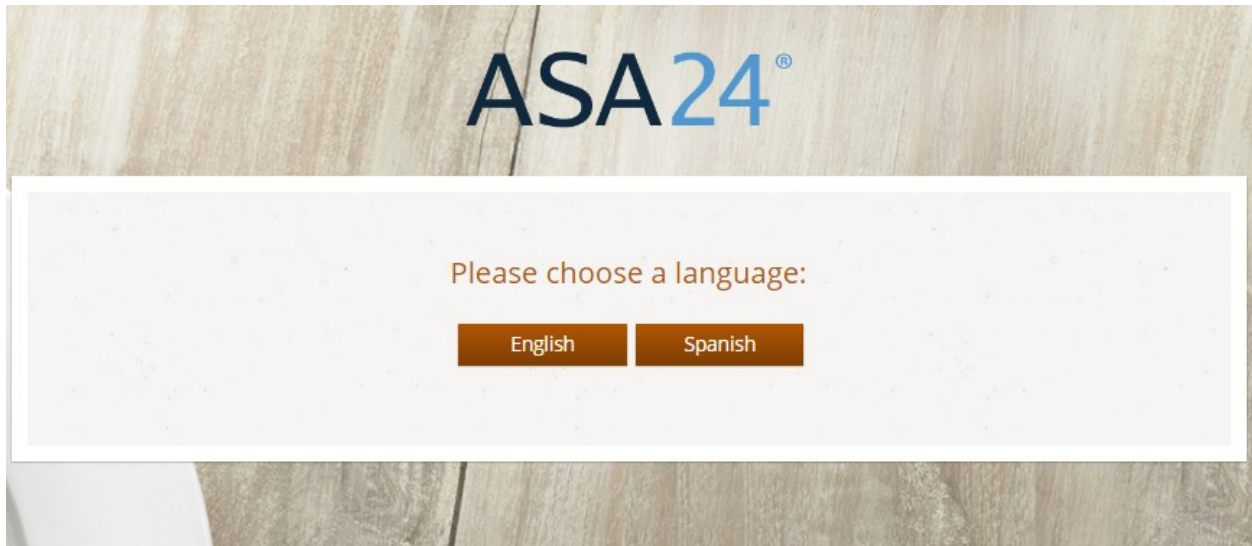


ASA24 Screenshots






Report Meals and Snacks Find Food and Drinks Add Details Review

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.

 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 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

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: 

Type a food, drink or supplement


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

[Help](#)
[★ Favorites](#)
[✂ Recipes](#)


 Report Meals and Snacks
  Find Food and Drinks
  Add Details
  Review

Find Foods & Drinks


🕒 Breakfast, Tuesday, March 3rd

Search: 

cheerios

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

[Help](#)
[★ Favorites](#)
[✂ Recipes](#)

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 »](#)


 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
- Sulisse 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 + Add Edit Delete
Tuesday 7:00am

| | |
|----------|-------|
| 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 | | + Add ✎ 🗑️ |
|------------------------|--|--|
| <i>Tuesday 7:00am</i> | | |
| Cheerios | | Tools |
| Banana | | Tools |
| Coffee | | Tools |
| LUNCH | | + Add ✎ 🗑️ |
| <i>Tuesday 12:00pm</i> | | |
| Lentil soup | | Tools |
| Saltine crackers | | Tools |
| Tea, hot or iced | | Tools |
| DINNER | | + Add ✎ 🗑️ |
| <i>Tuesday 6:30pm</i> | | |
| 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 + Report a Meal Dismiss This Gap x

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

BREAKFAST Tuesday 7:00am + Add ✎ 🗑️

| | |
|----------|--------------------|
| Cheerios | Tools |
| Banana | Tools |
| Coffee | Tools |

GAP Tuesday 7:00 am to Tuesday 12:00pm + Report a Meal Dismiss This Gap x

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

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 | ✎ | 🗑 |
| <i>Tuesday 7:00am</i> | | | |
| Cheerios | | Tools | |
| Banana | | Tools | |
| Coffee | | Tools | |
| LUNCH | + Add | ✎ | 🗑 |
| <i>Tuesday 12:00pm</i> | | | |
| Lentil soup | | Tools | |
| Saltine crackers | | Tools | |
| Tea, hot or iced | | Tools | |
| DINNER | + Add | ✎ | 🗑 |
| <i>Tuesday 6:30pm</i> | | | |
| 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:

Search

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? ?

AMOUNT: 1/4 cup

Help 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: 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

Back Next

Report Meals and Snacks Find Food and Drinks Add Details Review

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

Report Meals and Snacks Find Food and Drinks Add Details Review

Add details to your Coffee

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

Coffee: What kind was it?

Ground

Help Back Next

Report Meals and Snacks Find Food and Drinks Add Details Review

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?

| | | | |
|---|--|---|--|
|  <p>Bottle</p> |  <p>Can</p> |  <p>Cup</p> |  <p>Glass</p> |
|  <p>Mug</p> | <p>Added to another food</p> | <p>Other</p> |  <p>Don't know</p> |

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 →

Report Meals and Snacks Find Food and Drinks Add Details Review

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

Report Meals and Snacks Find Food and Drinks Add Details Review



How much did you actually drink?

Select an option

Help Back Next

Done with details [X]

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 | 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 | 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 | 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 | 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 | 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

Q 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