

## Diet variation - How many days?

The classical review of Bingham (1987) is still referred to for guidance on the number of days to be assessed and its dependence on the nutrient of interest. The recommendations made in this review (Bingham, 1987) for the number of days recording (this could be in a prospective diary or repeated recall) are provided in the following table; this is for group comparisons.

<b>Nutrient</b>	<b>Number of days required to be <math>\pm</math> 10% of the average</b>
Energy	5
Carbohydrate	6
Protein	7
Fat	10
Dietary fibre	10
Calcium	10
Iron	12
Thiamin	15
Riboflavin	19
Cholesterol	27
Vitamin C	36