Nutrition in the Newcastle 85+ study

Overview of 24hr Multiple pass recall
Background

The dietary assessment method chosen for inclusion in the 85+ study is the Multiple pass 24hr recall.

This was chosen due to:

- Low respondent burden
- Quick and easy to administer
- Literacy not an issue
- Multiple pass minimises problems due to poor memory
Background

The subjects will be asked to recall their previous days intake on two separate occasions during the first year.
Background

The interview is conducted in 3 stages:

1. The subject quickly lists all the foods they remember consuming during the previous 24 hrs

2. The interviewer collects detailed information on each food consumed including portion size and checks for any missing items

3. The interviewer reviews the foods reported as consumed and double checks no items have been missed
Portion size estimation

Portion size information is based on (in order of Preference):

1. The amount of pack consumed
Portion size estimation

For example:

If the person states they’ve eaten tinned soup we need to know:

a. What was the pack size (in gram) of the tin

b. How much of the tin did they consume
Portion size estimation

Portion size information is based on (in order of Preference):

1. The amount of pack consumed
2. Estimated using food photographs
Food photographs
Portion size estimation

Portion size information is based on (in order of Preference):

1. The amount of pack consumed
2. Estimated using food photographs
3. Estimated using household measures.
Portion size estimation

For example:

If the person states they’ve had sugar in their tea we’d like to know

a. How many spoon fulls of sugar they had and what size was the spoon

or

b. How many lumps of sugar did they have
Portion size estimation

If it is not possible to obtain an estimate of the portion size of a food consumed using any of the above methods leave the portion size column blank.

Average portion sizes will be used

This may be the case when working with subjects with visual impairment
Protocol for conducting the 24hr recall

Inform the participant that you are going to ask them to recall the previous 24hrs food and drink intake (midnight to midnight)

Tell them you need to know the details of everything they had to eat and drink including information on the amounts of consumed
Protocol for conducting the 24hr recall

Introduce the methods of portion size assessment

Explain that there are 3 ways in which they can do this:

i). In terms of the size of the package

ii). By looking at photographs:
SHOW BOOK OF PHOTOGRAPHS
and SHOW PHOTOGRAPH OF 10” PLATE

iii). Or in terms of household utensils: for example a glass of milk. or number of spoons
Protocol for conducting the 24hr recall

Introduce the subject to the format of the 24hr recall

First we’ll make a quick list of the food and drinks you had all day yesterday

Next I’ll ask you about the food and drinks in more detail including amounts

Finally I’ll review the list and check that there is nothing we have missed
Protocol for conducting the 24hr recall

A: QUICK LIST

Ask the subject to start at midnight at the beginning of (day).

COMPLETE QUICK LIST WITHOUT INTERRUPTING
## Recording form

<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Homemade/retail (H, R, NA):**
  - H: Homemade
  - R: Retail
  - NA: Not applicable

- **Cooking method:**
  - Oven = O
  - Fried = F
  - Grilled = G
  - Boiled = B
  - Steamed = S
  - Not applicable = NA

- **Amount served:**
  - Preface with W: Weight
  - P: Photo

- **Leftover:**
  - Preface with W: Weight
  - P: Photo

- **Food code:**
- **Weight:**
Protocol for conducting the 24hr recall

A: QUICK LIST

Ask the subject to start at midnight at the beginning of (day).

COMPLETE QUICK LIST WITHOUT INTERRUPTING WHEN PARTICIPANT STOPS ASK What else?

WHERE INTERVIEW IS BEING ADDRESSED TO CARER ON BEHALF OF THE PARTICIPANT, IF APPROPRIATE, ASK PARTICIPANT

Can you think of anything else that you had to eat of drink yesterday?
Protocol for conducting the 24hr recall

Prompt participant for any forgotten foods using the list below:

- Coffee, tea, soft drinks or milk
- Alcoholic drinks
- Biscuits, cakes, sweets, chocolate bars and other confectionery
- Crisps, peanuts and other snacks
- sauces, dressings, salt and sugar
- Nutritional supplements – such as fortisip, ensure, fresubin, build up, complan
- Anything else you have not already told me about
Protocol for conducting the 24hr recall

Complete the detailed record sheet

Confirm that first thing on quick list is the first thing they ate

Transfer the item to the main recording sheet and ask:

  Time food was eaten
## Recording form

<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Homemade/retail (H, R, NA)**: If H: Prompt for recipes
- **Cooking method**:
  - Oven = O
  - Fried = F
  - Grilled = G
  - Boiled = B
  - Steamed = S
  - Not applicable = NA
- **Amount served**:
  - Preface with W: Weight
  - P: Photo
  - H: Household
- **Leftover**:
  - Preface with W: Weight
  - P: Photo
  - H: Household
Protocol for conducting the 24hr recall

Complete the detailed record sheet

Confirm that first thing on quick list is the first thing they ate

Transfer the item to the main recording sheet and ask:

Time food was eaten
Detailed description of the food
<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/ retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>W: Weight</td>
<td>H: Household</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>P: Photo</td>
<td>H: Household</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>H: Household</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If H: Prompt for recipes

- Oven = O
- Fried = F
- Grilled = G
- Boiled = B
- Steamed = S
- Not applicable = NA
Protocol for conducting the 24hr recall

Complete the detailed record sheet

Confirm that first thing on quick list is the first thing they ate

Transfer the item to the main recording sheet and ask:

  Time food was eaten
  Detailed description of the food
  Homemade or retail
<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If H: Prompt for recipes

Oven = O
Fried = F
Grilled = G
Boiled = B
Steamed = S
Not applic. = NA
Protocol for conducting the 24hr recall

Prompt for cooking method (If appropriate)
## Recording form

<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If H: Prompt for recipes

Oven = O
Fried = F
Grilled = G
Boiled = B
Steamed = S
Not applic. = NA

Preface with W: Weight
P: Photo
H: Household
Protocol for conducting the 24hr recall

Prompt for cooking method (If appropriate)

Prompt for recipes (if appropriate)
Record recipe information on separate ‘recipe sheet’

Brand name (if appropriate)
<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Oven = O</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fried = F</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Grilled = G</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Boiled = B</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Steamed = S</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Not applic. = NA</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If H: Prompt for recipes

W: Weight
P: Photo
H: Household

Food code
Weight
Protocol for conducting the 24hr recall

Prompt for cooking method (if appropriate)

Prompt for recipes (if appropriate)

Brand name (if appropriate)

Estimate of portion size using (in order of preference)

1. Pre-portioned portion size eg pack size
2. Food photographs
3. Household measures
4. No estimate made at interview
<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If H: Prompt for recipes

Oven = O
Fried = F
Grilled = G
Boiled = B
Steamed = S
Not applic. = NA

Food code

Weight
Protocol for conducting the 24hr recall

Check whether there were any leftovers

Check whether they had any 2nd helpings

Confirm that they had nothing between that food and the next item recorded on the quick list

Check for missing brand names; where brand has not been recalled but the participant has the product in the cupboard ask it you can check the brand.
Protocol for conducting the 24hr recall

Review the foods recalled and check for any missing items using the following prompts:

1. Did you have anything to eat or drink between midnight yesterday and \((TIME/NAME \ OF \ FIRST \ OCCASION?)\)?

2. At \((TIME/NAME \ OF \ OCCASION)\) you had \((FOODS/DRINKS)\). Do you recall having anything else to eat or drink?

3. Did you have anything to eat or drink between \((TIME/THIS \ OCCASION)\) and \((NEXT \ OCCASION)\)?
4. Did you have anything else to eat or drink between (THIS OCCASION) and midnight last night?

5. Did you have any plain drinking water yesterday, either from a tap or bottle that you have not already mentioned (including water taken with medicines)?

ENTER ANY ADDITIONAL ITEMS ON THE DETAILED RECORD SHEET
Now – Please take the time to read through the protocol
### Recording form

<table>
<thead>
<tr>
<th>Quick List</th>
<th>Time (24 hour)</th>
<th>Description of food or drink (as much detail as possible)</th>
<th>Homemade/retail (H, R, NA)</th>
<th>Cooking method</th>
<th>Brand</th>
<th>Amount served</th>
<th>Leftover</th>
<th>To be completed by nutritionist</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Protocol

**THE NEWCASTLE 85+ STUDY**  
**DIETARY ASSESSMENT: 24 HOUR RECALL**  
**POSSIBLE WITH A PROXY**

- THE FOLLOWING INSTRUCTIONS PROVIDE DETAILED PROMPTS FOR THE 24 HOUR RECALL OF FOOD AND DRINK CONSUMPTION.
- PLEASE FOLLOW THE SEQUENCE CAREFULLY.
- WHERE THE INTERVIEW IS BEING CONDUCTED WITH A CARER ON THE PARTICIPANT’S BEHALF, INSERT THE NAME OF THE PARTICIPANT WHERE APPROPRIATE.

**NOTE START TIME**

<table>
<thead>
<tr>
<th>IF RESPONDENT IS PARTICIPANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am going to ask you about everything that you ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know <strong>exactly</strong> what was eaten and drunk and <strong>how much</strong> you had.</td>
</tr>
</tbody>
</table>

**OR**

<table>
<thead>
<tr>
<th>IF RESPONDENT IS CARER</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am going to ask you about everything that (<strong>NAME OF PARTICIPANT</strong>) ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know <strong>exactly</strong> what was eaten and drank and <strong>how much</strong> (<strong>NAME OF PARTICIPANT</strong>) had.</td>
</tr>
</tbody>
</table>
Introducing portion size estimation

When I ask you how much food and drink you had, I would like you to tell me in as much detail as possible. There are 3 ways in which you can do this:

i). In terms of the size of the package: for example half a tin of baked beans. In this case please also tell me the size of the tin for example a 420g tin.

ii). By looking at photographs: I have a book here with photographs of different amounts of foods.

SHOW BOOK AND OPEN AT PAGE 1: BOWL OF RICE
As you can see there are eight photographs. I will ask you to pick one photograph that looks like the amount you had to eat.

SHOW PHOTOGRAPH OF 10” PLATE
This is a life size photograph of the plate used in most of these photographs.

(SHOW OTHER PHOTOGRAPHS OF PLATES AS NECESSARY DURING RECALL)
ALLOW PARTICIPANT TO FLICK THROUGH BOOK IF THEY WANT

iii). Or in terms of household utensils: for example a glass of milk. In this case I would like you to tell me how big the glass was. Or number of spoons, in which case I would ask you for the size of spoon.

Package sizes are best, then photographs, then household utensils.

IF PARTICIPANT IS UNABLE TO MAKE AN ESTIMATE USING ANY OF THESE METHODS, DO NOT ENTER AN AMOUNT; AVERAGE PORTION SIZES WILL BE USED

If you ate any homemade dishes for example a stew, I would like you to tell me the ingredients, if you can. If you do not know the ingredients I may need to ask whoever prepared and cooked the dish (if possible)
Protocol

24 hour recall itself

I would like you to tell me everything that you had to eat and drink yesterday. By yesterday I mean, from midnight to midnight. Include everything that you had to eat and drink at home and away from home, including snacks, tea, coffee, sweets, soft drinks and alcohol.

First we’ll make a list of the food and drinks you had all day yesterday (day).

Next I’ll ask you about the food and drinks in more detail including amounts.

It may help you to remember what you ate by thinking about what you were doing yesterday; where you were and who you were with. Feel free to keep these activities in mind and say them aloud if it helps you.

COMPLETE DATE RECALLED AND DAY OF WEEK RECALLED
A: QUICK LIST
So… if you would like to start at midnight at the beginning of (day).
COMPLETE QUICK LIST WITHOUT INTERRUPTING WHEN PARTICIPANT STOPS ASK
What else?
WHERE INTERVIEW IS BEING ADDRESSED TO CARER ON BEHALF OF THE PARTICIPANT, IF APPROPRIATE, ASK PARTICIPANT
Can you think of anything else that you had to eat of drink yesterday?
B: FORGOTTEN ITEMS

There are some foods that people often forget. In addition to what you have already told me about, did you have any of the following?

SHOW PROMPT CARD 1 AND READ OUT

Coffee, tea, soft drinks or milk
Alcoholic drinks
Biscuits, cakes, sweets, chocolate bars or other confectionery
Crisps, peanuts or other snacks
Sauces, dressings, salt and sugar
Nutritional supplements – such as fortisip, ensure, fresubin, build up or complan?

Anything else you have not already told me about?

IF YES, ENTER ITEM(S) ON THE QUICK LIST
Protocol

C: DETAILED RECORD

Now I would like to go through the list you have just given me and ask you in detail about each item of food and drink. If while we are talking, you remember anything else that you had to eat or drink, please tell me.

1. Was (FIRST FOOD FROM QUICK LIST) the first thing that you had to eat/drink yesterday?
   IF YES: GO TO BOX, STEP 1 AND WORK THROUGH THE STEPS IN THE BOX
   IF NO: What was the first thing you had to eat or drink yesterday?
   RECORD ITEM NAMED DIRECTLY ONTO DETAILED RECORD SHEET THEN
   GO TO BOX, STEP 2

2. Was (NEXT ITEM FROM QUICK LIST) the next thing you had to eat/drink?
   IDENTIFY WHETHER FOOD IS OBVIOUSLY PART OF SAME MEAL (E.G.MILK ON CEREAL) AND GO TO BOX.
   CONTINUE UNTIL ALL FOODS ON QUICK LIST HAVE BEEN ENTERED ONTO DETAILED RECORD SHEET
Protocol

1. TRANSFER ITEM FROM QUICK LIST AND TICK BOX.
2. ASK: ‘About what time was that’ AND RECORD TIME.
3. ASK FOR DETAILED DESCRIPTION- GET AS MUCH INFORMATION AS POSSIBLE AND RECORD THIS.
4. ASK ABOUT COOKING METHOD (IF APPROPRIATE) AND RECORD THIS
5. ASK FOR BRAND NAME AND RECORD THIS (IF RECALLED AT FIRST REQUEST, OTHERWISE LEAVE UNTIL THE END).
6. ASK FOR AMOUNT (IDENTIFY WHETHER WEIGHT, PHOTO OR HOUSEHOLD MEASURE) AND RECORD THIS. N.B. RECORD THE AMOUNT SERVED NOT THE AMOUNT EATEN.
7. PROMPT FOR RECIPES; RECORD EACH INGREDIENT ON A SEPARATE LINE.
8. BEFORE MOVING ONTO THE NEXT ITEM ON THE QUICK LIST:
9. ASK ABOUT LEFTOVERS AND RECORD IN LEFTOVERS COLUMN.
10. ASK ABOUT SECOND HELPINGS AND RECORD ON SEPARATE LINE.
11. CHECK FOR COMMONLY FORGOTTEN ITEMS USING PROMPT CARD 1.
12. THEN GO TO NEXT ITEM ON LIST
D: REVIEW

Let's see if I have everything. I would like you to try and remember anything else that you had to eat or drink yesterday that you have not already told me about. For example, anything that you had to eat or drink while preparing a meal or waiting to eat.

USE THE FOLLOWING PROMPTS TO ELICIT ADDITIONAL FOODS/DRINKS

ENTER ANY ADDITIONAL ITEMS ON THE DETAILED RECORD SHEET

1. Did you have anything to eat or drink between midnight yesterday and (TIME/NAME OF FIRST OCCASION)?
2. At (TIME/NAME OF OCCASION) you had (FOODS/DRINKS). Do you recall having anything else to eat or drink?
3. Did you have anything to eat or drink between (TIME/THIS OCCASION) and (NEXT OCCASION)?

REPEAT STEPS 2 AND 3 UNTIL LAST OCCASION / TIME

4. At (TIME/NAME OF OCCASION) you had (FOODS/DRINKS). Do you recall having anything else to eat or drink?
5. Did you have anything else to eat or drink between (THIS OCCASION) and midnight last night?

Did you have any plain drinking water yesterday, either from a tap or bottle that you have not already mentioned (including water taken with medicines)?

ENTER ANY ADDITIONAL ITEMS ON THE DETAILED RECORD SHEET
E: BRAND NAMES

WHERE BRAND HAS NOT BEEN RECALLED AT FIRST REQUEST BUT RESPONDENT HAS PRODUCT IN CUPBOARD, FRIDGE ETC, ASK IF YOU CAN CHECK PRODUCT AND ENTER BRAND NAME ON DETAILED RECORD SHEET.