

24 Hour Dietary Recall

Instructions on Form Completion

A 24-hour recall involves asking subjects to recall and describe all the food and drink consumed in the previous 24 hours, from waking to sleeping. A recall interview typically requires 20 to 30 minutes to complete, but it may take considerably longer if many different foods were consumed.

The record should include all **food and drink** consumed during the 24hr period including all meals, snacks, drinks, “nibbles”, sweets etc. Your subject (or parent if the subject is a young child) may find it easier to remember under headings such as ‘early morning’, ‘breakfast’, ‘mid morning’, ‘mid day’, ‘mid afternoon’, ‘evening meal’, ‘late evening’ and ‘bedtime’.

If you are interested in specific foods/drinks, you should prompt more in these areas e.g. a dentist may be interested in foods containing sugars, and the frequency with which they are consumed.

Main Points:

1. Approximate time of eating or drinking
2. Quantity or amount eaten e.g. 6 tablespoons, 1 cup, 1 slice, etc.
3. Type of food, e.g. orange juice, chocolate, orange squash
4. Addition of ingredients during preparation and cooking, e.g. sugar / oil

In order that the record is as accurate as possible, probe further at the end of the interview, especially if very few foods and drinks have been reported. Remember to ask about drinks (assume one is consumed with each eating occasion) and about late night eating, e.g. ‘Do you have anything else to eat and/or drink once you are in bed?’

