

THE NEWCASTLE 85+ STUDY: 24 HOUR RECALL CHECKLIST

- **Inform** the participant that you are going to ask them to recall the previous 24hrs food and drink intake (midnight to midnight)
- Introduce the methods of **portion size assessment**
- Ask participant to recall their intake and complete the **quick list**
- 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
- 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:
 - i. Time food was eaten
 - ii. Detailed description of the food
 - iii. Homemade or retail;
 - iv. Prompt for recipes (if appropriate)
 - v. Brand name (if appropriate)
 - vi. Estimate of portion size using (in order of preference)
 - a. Pre-portioned portion size eg pack size
 - b. Food photographs
 - c. Household measures
 - d. No estimate made at interview
 - vii. Check whether they had any leftovers
 - viii. Check whether they had any 2nd helpings
 - Confirm that they had nothing between that food and the next item recorded on the quick list
 - Repeat as above for each item on the quick list.
- **Review** the detailed record sheet to confirm that no items are missing.
- Check for missing **brand names**
- Complete the **evaluation**

Acknowledgments should be given to The UK Low Income Diet and Nutrition Survey (LIDNS) team, Dietetic Department, King's College London.

Adapted for use in the 85+ Study by Human Nutrition Research Centre, Newcastle University