

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 WORDS APPEAR IN *ITALICS*, SUPPLY THE APPROPRIATE WORD (E.G. IF *DAY* APPEARS, SAY THE NAME OF THE APPROPRIATE DAY OF THE WEEK).
- 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

IF RESPONDENT IS PARTICIPANT

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 exactly what was eaten and drunk and how much you had.

OR

IF RESPONDENT IS CARER

I am going to ask you about everything that (**NAME OF PARTICIPANT**) ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much (**NAME OF PARTICIPANT**) had.

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.

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

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)

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

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.

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

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

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.
BEFORE MOVING ONTO THE NEXT ITEM ON THE QUICK LIST:
8. ASK ABOUT LEFTOVERS AND RECORD IN LEFTOVERS COLUMN.
9. ASK ABOUT SECOND HELPINGS AND RECORD ON SEPARATE LINE.
10. CHECK FOR COMMONLY FORGOTTEN ITEMS USING PROMPT CARD 1.

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?
6. 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.