

**Below find a comparison of Quality of Data from Food Record versus Recall Method
FOOD RECORD**

Level of Detail Provided by a 1-Day Food Diary Recorded Throughout the Day

(note: brand names removed)

Sample Day for Bob: Food Record

5'7"

195 lbs

BMI: 30.6 (Class I obese)

Age: 30

Breakfast:

Puffed Rice cereal, 2 cups

Whole Milk, vitamin A and D fortified, 1 cup

White Toast, 2 Slices

Soft Tub Margarine, 2 tsp.

Cranberry Juice, 12 oz. (1 ½ cups)

Snack:

Cranberry Juice, 12 oz. (1 ½ cups)

Cheese Melt:

Cheddar cheese, 1 ½ oz.

Pita, 1 small

Snack:

Strawberry fruit and nut snack bar, 1 bar

Dinner:

Baked pork chop, 4 oz. trimmed of fat

Steak fries, 1 ½ cups (about 10 fries)

Summer squash, 1 cup

1 12-ounce beer, light

Lunch:

Turkey bologna sandwich:

White Bread, 2 slices

Turkey bologna, 3 ½ oz

Mustard, 2 tsp

Mayonnaise, light Kraft, 2 Tbs.

Iceberg Lettuce, 1 leaf

Sliced Tomato, 1 slice

Dill Pickle

Potato chips, large bag, 5 inches, 1 oz.

Whole Milk, vitamin A&E fortified, 1 cup

Evening snack:

Light vanilla ice cream, 1 cup

Example of Data Lost (Specificity and Quantification) Through Recall Method

Bob's Recall (collected by a dietitian)

Breakfast:

Puffed Rice, medium bowl (~1 ½ cups)

Whole Milk, 1 glass (~6-8 oz.), type unknown

White bread toast, 2 slices, brand unknown

Mayonnaise, (1-2 tsp. on each slice), type unknown

Cranberry juice, large glass (10-12 oz.)

Lunch Cont.:

Mayonnaise, average amount (1-2 tsp)

Lettuce, 1-2 leaves

Sliced Tomato, medium etc...

Lunch:

Turkey bologna sandwich:

White Bread, 2 slices medium size

Turkey bologna, (~1" high on sandwich

Mustard, small amount (1-2 tsp)