

Attachment 1: IDATA Interactive Diet and Activity Tracking in AARP. 4-Day Food Record



IDATA | Interactive Diet & Activity Tracking in AARP



4 – DAY FOOD RECORD

OMB# 0925-0640 EXP. DATE: 08/31/2014

NOTIFICATION TO RESPONDENT OF ESTIMATED BURDEN

Public reporting burden for this collection of information is estimated to average 20 to 80 minutes per response depending on food eaten, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH, Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, MD 20892-7479, ATTN: PRA (0925-0640). Do not return the completed form to this address.

Attachment 1

2

General Instructions

- Please eat as you usually eat.
- Record **everything** you eat and drink (except water), including snacks.
- Complete the **Meal** and **Place Prepared** columns for each meal or snack.
- Start each **new day** on a **new page**.
- Please write clearly.

How to Record Each Food

- Describe each food and beverage in detail, as best you can.

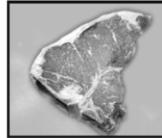
<u>Include:</u>	<u>For example:</u>
How prepared	(fried, grilled, breaded, etc.)
Added fats	(fried in butter)
Brand name	(Stouffer's Frozen Lasagna)
Portion size	(½ cup, 4 oz., 1" x 3" x 2" cube)

- Describe each ingredient in a mixed dish:
 - Chicken Caesar Salad 3 cups Romaine, 1 medium chicken breast (no skin) grilled, ¼ cup caesar dressing, 2 Tbsp. Parmesan cheese, 6 large croutons
 - Spaghetti & Meat Balls 1½ cups cooked spaghetti, 4 meatballs (1" diameter), ½ cup Ragu meatless spaghetti sauce, 1 Tbsp. Parmesan cheese
- For help with portion sizes, use “Five Ways to Size up Your Servings” (page 3), the ruler at the back of this booklet, and the enclosed Serving Size Booklet.

Five Ways to Size Up Your Servings

1 **3 ounces** of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.

3oz.



2 **1 ounce** of cheese is about the size of 4 stacked dice.

1oz.



3 **1/2 cup** of ice cream is about the size of a racquetball or tennis ball.

1/2 c.



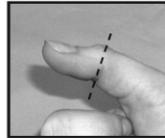
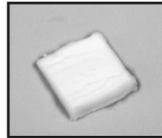
4 **1 cup** of mashed potatoes or broccoli is about the size of your fist.

1 c.



5 **1 teaspoon** of butter or peanut butter is about the size of the tip of your thumb.

1 tsp.



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General Questions

Please check (3) below.

	Usually / Always	Sometimes	Rarely / Never
1. When you eat bread or rolls, how often do you add butter or margarine?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. When you cook vegetables, how often do you add oil, margarine or butter?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. When you eat vegetables, how often do you add oil, butter or margarine at the table?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When you eat potatoes, how often do you use butter, margarine, or sour cream?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. How often do you use milk or cream in coffee or tea?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When you eat chicken or turkey, how often do you eat the skin?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Yes	No	
7. Do you eat in restaurants or purchase take-out food more than three times per week?	<input type="radio"/>	<input type="radio"/>	

What type of milk, spreads and cooking oils do you usually use?

Please specify only the type you use most often.

Please check (3) below.

1. Milk (include all types – regular cow milk, acidophilus, and soy milk):

- Whole
- 2%
- 1%
- Skim
- Didn't use

4. Salad Dressing:

- Regular
- Diet/low fat
- Fat free
- Didn't use

2. Margarine:

- Regular
- Diet/low fat
- Fat free
- Spray
- Didn't use

5. Oil:

- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- Soybean oil
- Other oil
- Didn't use

3. Real Butter:

- Regular
- Light
- Didn't use

6. Mayonnaise:

- Regular
- Low fat
- Fat free
- Didn't use

Place Prepared H = Home R = Restaurant O = Other		<h1>EXAMPLE</h1>	
Meal B = B'fast L = Lunch D = Dinner S = Snacks		Day: <u>Saturday</u> Date: <u>08 / 03 / 02</u>	
↓	↓	Foods And Beverages	Amount
<i>B</i>	<i>R</i>	<i>Denny's buttermilk pancakes, about 6" across each</i>	<i>2</i>
		<i>Butter</i>	<i>2 pats</i>
		<i>Maple syrup</i>	<i>1/4 cup</i>
		<i>Bacon, 5" long</i>	<i>2 strips</i>
		<i>Coffee</i>	<i>2 cups</i>
		<i>Cream</i>	<i>2 Tbsp</i>
<i>S</i>	<i>R</i>	<i>Starbucks tall latté, made with 2% milk</i>	<i>12 oz.</i>
<i>L</i>	<i>H</i>	<i>Ham Sandwich:</i>	
		<i>Rye bread</i>	<i>2 slices</i>
		<i>Ham (from the Albertson's deli)</i>	<i>3 slices</i>
		<i>Kraft American cheese slice</i>	<i>1 slice</i>
		<i>Best Foods lowfat mayonnaise</i>	<i>2 tsp</i>

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↓	↓	Foods And Beverages	Amount
		<i>Doritos regular tortilla chips</i>	<i>12 chips</i>
		<i>Señor Felix Salsa</i>	<i>1/4 cup</i>
		<i>Minute Maid lemonade</i>	<i>10 oz.</i>
		<i>Chips Ahoy Chocolate chip cookies, 3" diameter</i>	<i>2 cookies</i>
<i>D</i>	<i>H</i>	<i>Dinty Moore Beef Stew</i>	<i>2 cups</i>
		<i>Salad:</i>	
		<i>Romaine lettuce</i>	<i>1 cup</i>
		<i>Tomato</i>	<i>1/4 med</i>
		<i>Kraft Italian fat free salad dressing</i>	<i>1 Tbsp</i>
		<i>French bread (1 slice=3"L x 2"W x 3/4" thick)</i>	<i>2 slices</i>
		<i>Butter</i>	<i>2 tsp</i>
<i>S</i>	<i>H</i>	<i>Dryer's Grand Chocolate ice cream</i>	<i>2 scoops</i>

Four-Day Food Record

THANK YOU!

1"
2"
3"
4"
5"
6"
7"
8"

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