5-Step Multiple Pass Method for the 24 Hour Recall

Follow the 5-steps outlined below to conduct a multiple pass 24 hour recall.

1. Quick List
    - Specify a 24-hour period (Midnight to Midnight)
    - Gather a simple list of all foods eaten
    - No order to list
    - One food per line

2. Forgotten foods
    - Read foods from a reminder list (see below) that can be adapted to your population
    - Read one line at a time
    - Give participants time to respond
    - Record the foods as they are listed

3. Time & Occasion
    - You can use “meal (breakfast, lunch, dinner)/snack type” code for recording but avoid labeling meals with participant
    - Think about activities associated with eating and/or drinking
    - Suggest some common activities

4. Detail Cycle
    - Brand name of the food
    - How it was prepared
    - Fat added during preparation is noted with food item
    - Fat added after served is an additional food item
    - With or without bones, skin
    - Frozen, raw, canned
    - How much was eaten

5. Final Probe
    - Look over food recall to see if participant can remember anything else
    - Spot check
    - Review recall one last time

24 Hour Food Recall Reminder Foods

Many people often forget that they ate the list of foods below. After you determine all of the foods consumed (Step 1) for the 24 hour period say:

***There are some foods that people tend to forget they ate*.**

- Did you have any **crackers, breads, rolls, tortillas** you may have forgotten about?
- How about any **hot or cold cereals**?
- **Cheese added as topping on vegetables or on sandwiches**?
- Did you have any **chips, candy, nuts, seeds?**
- **Fruit eaten with meals or as a snack?**
- What about **coffee, tea, soft drinks, or juices?**
- Any **beer, wine, cocktails, brandies, any other drinks made with liquor** that you may have forgotten?

This list can be adapted to include the foods representative of the population working in.