

5-Step Multiple-Pass Method

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

- 2) ***Forgotten Foods***
 - Read Foods from Reminder List
 - Read one line at a time
 - Give participants time to respond

- 3) ***Time & Occasion***
 - Use “meal/snack type code”
 - Think about activities
 - Eating and/or drinking during activities
 - 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

