



# Diet History Assess



Convert the meals to grams or amounts in a standard unit (milliliters for liquids). Food intake should be stated on a daily or weekly basis.

Find the number of nutrients you get from each food by calculating the number of nutrients in each food consumed per day or per week.

Calculate the total daily nutrient intake by calculating the total daily nutrient intake. This calculation can be for breakfast or other meals in one day.

### ► Strengths

People do not need literacy, Covers the usual diet in detail, so only one interview is required for a specific period, Details of separate dishes are obtained, Get information on foods that are regularly consumed less regularly, Energy intake and most nutrients can be reasonably accurately assessed.

### ► Limitations

The data mainly obtained depends on the skill of the interviewer, The interview-based approach may lead to observer bias, The person may not remember past food consumption and may be exposed to bias.



It may also be difficult for a person to assess the size of past meals. This method is complicated for people with irregular eating habits, such as shift workers. Individual food coding is necessary - this requires trained personnel, is time-consuming, and therefore expensive.

### ► Further considerations

Of all the diet assessment methods, the most validity of the diet depends more on the interviewer's skills, he / she should be aware of local food and have good communication and interviewing skills.

### ► Resources required

Trained interview, Checklists and content to record answers, Trained diet programmers, Database program and nutrient analysis



  
**Diet History Assess**



The diet history method is a detailed retrospective assessment of the diet that provides details of individual foods and comprehensive information about regularly reduced foods. This method is used to describe common foods or receive nutrients over months or a year. Nutrient intake from dietary history is often compared to values obtained by a weighted notebook for validation.

A dietary history is a retrospective structured interview method that consists of questions about the usual intake of foods from major food groups (e.g., meat and substitutes, cereals, fruits and vegetables, dairy and additives) and dietary behaviors.

Example breakfast).

The interview method can be used to determine the foods and beverages received at each meal and then quantify them. It is followed by a "cross-check" to clarify routine consumption information over the past 3, 6 or 12 months, depending on the evaluation objectives.



obtain accurate information about average food intake or food intake at a particular stage of life or a specific period of time.

► **Diet estimates**

Estimation of nutrient intake follows a standard procedure with other diet assessment tools. The following steps are performed to estimate the number of nutrients absorbed: Mixed meals, if recorded, should be made as much of a component as possible to make it easier to evaluate the ingredients.

► **Time to use the interview method**

A diet history is appropriate when this assessment aims to