



## About ASA24

The Automated Self-Administered 24-hour (ASA24) Dietary Assessment Tool is a web-based tool that enables multiple, automatically coded self-administered 24-hour recalls and/or multi-day food records also known as food diaries. The National Cancer Institute (NCI) provides ASA24 to the research community at no cost.

ASA24 is comprised of two websites:

1. The **respondent website** is used to collect intake data from study participants: <https://asa24.nih.gov>
2. The **researcher website** is used to manage study logistics and access applied nutrient and food group data files: <https://asa24.nih.gov/researcher/#/login>

The researcher website serves a variety of users, collectively referred to as “researchers” in this document, including:

- ◆ Researchers conducting epidemiologic, interventional, behavioral or clinical research
- ◆ Clinicians collecting 24-hour recalls or food records from patients to obtain complete nutrient analysis
- ◆ Educators teaching students to analyze intake or compare diet assessment methods

Researchers determine whether recalls or food records best suit their needs, as well as how, when and how many intakes should be collected to produce optimal data. Information about choosing an assessment method can be found in the National Cancer Institute's (NCI) Dietary Assessment Primer at <https://dietassessmentprimer.cancer.gov>.

The ASA24 instrument:

- ◆ Flows as per modified United States Department of Agriculture (USDA) [Automated Multiple-Pass Method \(AMPM\)](#) for 24-hour recalls, which was further adapted for collection of food records (also known as food diaries)
- ◆ Allows researchers to select options for recalls, including:
  - selecting single or multiple recalls per respondent,
  - specifying timing of a recall, either from midnight-to-midnight or for the past 24-hours from time of login

- choosing defined dates a respondent is allowed to login to the system (called “scheduled recalls”) or allowing respondents’ logins to work on any date during the study period (called “unscheduled recalls”)
- ◆ Allows researchers to specify the collection of multiple single-day or consecutive-day food records
- ◆ Asks respondents to report eating occasion and time of consumption
- ◆ Allows respondents to search and filter to find foods, drinks and supplements
- ◆ Asks detailed questions about food form, preparation, portion size, and additions, so that food codes can be assigned
- ◆ Uses images to assist respondents in reporting portion size
- ◆ Prompts respondents to add or modify food, drink, and supplement choices at multiple points during the recall or record
- ◆ Includes optional modules to query where meals were eaten, whether meals were eaten alone or with others, television and computer use during meals, source of foods consumed, remind respondents to report supplements, create a respondent nutrition report, and capture meal timing and sleep
- ◆ Is available in English and Spanish
- ◆ Is accessible by individuals using assistive technologies, such as screen readers
- ◆ Offers an optional Respondent Nutrition Report that researchers can choose to make available to respondents. The Respondent Nutrition Report provides feedback to respondents regarding how their intake on any given reporting day compares to country-specific dietary guidance and nutrient requirements
- ◆ A recipe function that allows respondents to report, save and modify recipes for use in subsequent recalls or records
- ◆ New in the 2020 version: an improved respondent search with better-quality matches and more popular terms ranking at the top.

Information about the current and previous versions of the ASA24 respondent websites, the respondent website methodology, and ASA24 system requirements is available on NCI’s ASA24 website at <https://epi.grants.cancer.gov/asa24/>.

Instructions for earlier versions of the researcher website are available at <https://epi.grants.cancer.gov/asa24/researcher/instructions.html>.