

Foodbook 24 Case Study



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About the Project

Foodbook24 is Ireland's first online dietary assessment tool that has been specifically designed for the Irish population and is open to members of the public. It was designed to capture the dietary intake of individuals using a cost-effective approach. Foodbook24 represents the future of large-scale collection of dietary intake data.

Design of Foodbook24 was informed by guidelines issued on the collection of national food consumption data by the European Food Safety Authority in 2009 and an extensive review of the literature concerning web-based dietary assessment platforms. Final outcome was a self-administered, web-based tool consisting of different components that facilitate the collection of dietary intake data without direct interaction with a researcher. These components include a screening and consent stage, demographic questionnaire, 2x24-hour dietary recall administered on non-consecutive days, and finally food-frequency and food-choice questionnaires.

Services Provided

Software Development
Data wrangling

Tool Design and Development

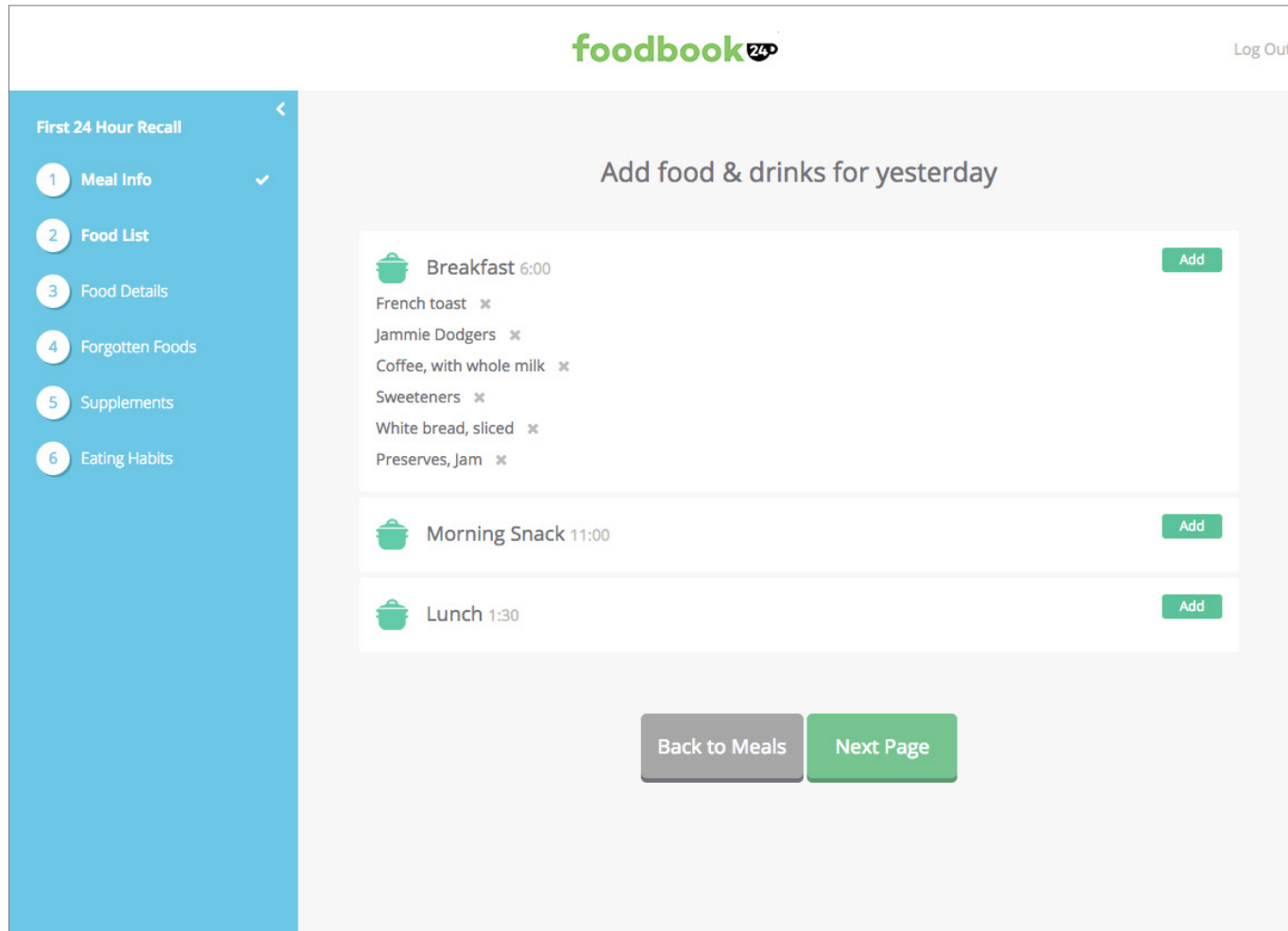
Foodbook24 has been designed specifically to further knowledge in the area of national nutritional surveillance. The nutrient information for all of the food and drinks listed in the system has been derived from scientifically correct food composition tables to give the most accurate nutrient output possible. It has been validated against traditional measures of dietary assessment such as an interviewer administered 24 hour recall and a food diary alongside biomarkers of nutrient intake from biological samples provided by participants.

Foodbook24 was developed in such a way that individual components of the tool, for example, the 24 hour recall component, can be isolated and integrated into existing health assessment and advice platforms as a “ready to go” dietary assessment method. The databases of food, drinks and nutritional composition are easily updated and interchangeable allowing for this system to be used in any country.

The main dietary assessment component of Foodbook24 is centered around the 24 hour recall approach. The easy to use software, guides the participant to recall, from memory, all foods and drinks they consumed over the previous day. Users can then provide more detailed information on these meals with food and drink items using “prompt questions” and portion size pictures to assist them in quantifying how much they ate.









Software Interface



First 24 Hour Recall

- 1 Meal Info
- 2 Food List
- 3 Food Details
- 4 Forgotten Foods
- 5 Supplements
- 6 Eating Habits

What meals did you have yesterday?

<input checked="" type="checkbox"/>	 Breakfast	6:00 ▾	Home ▾
<input checked="" type="checkbox"/>	 Morning Snack	11:00 ▾	Home ▾
<input checked="" type="checkbox"/>	 Lunch	1:30 ▾	Restaurant ▾
<input type="checkbox"/>	 Afternoon Snack		
<input type="checkbox"/>	 Evening Meal		
<input type="checkbox"/>	 Evening Snack		

Add Another Snack or Drink +

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Breakfast 0 added

Fruit breads	Add
Breadsticks	Add
Breaded scampi	Add
White fish, breaded	Add
Breaded Garlic Mushrooms	Add
Banana Bread/Cake	Add
Fried bread	Add
Garlic bread	Add
Stuffing, bread	Add
Breaded Quorn Nuggets/Fillet	Add
Pitta bread	Add
Naan bread	Add
Bread and butter pudding	Add



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