OVERVIEW

You are being asked to complete a diet recall questionnaire on the day you collect your stool sample. You will log on to the ASA24 website to complete this questionnaire by an internet-connected computer, laptop, cell phone, or tablet. If you are unable to complete the recall the same day you collect your stool sample or do not have internet access you will be able to complete the recall at your sample collection appointment.

The diet recall will cover what you ate during the 24 hour period ending at midnight on the day prior to collecting your stool sample. For example, if you collected your stool sample on Thursday at 2:00 PM, your recall would cover what you ate over the 24 hours starting at 12:01 AM Wednesday through 11:59 PM on Wednesday. Please follow the instructions provided on the website to complete the recall.

This recall asks several questions about what you ate. We realize that it can be hard to remember the details about what you ate and ask only that you give us your best guess. It is also perfectly OK if you cannot find an exact match for the type of foods or drinks that are listed on the website. This recall was designed to provide us information on overall diet even if there are things you did not remember or foods you ate that were not listed on the website. All we ask is for your best effort.

USING THE WEBSITE

To log in, visit https://asa24.nci.nih.gov and enter the username and password provided by the SHOW interviewer.

If you have any problems logging in, please call 1-888-433-7469. For more detailed instructions on how to use the website please go to: med.wisc.edu/asa24

REPORT A MEAL

After you click “Report a Meal”, an instruction box will pop up; please read it carefully. Then click “OK” on the instruction box to say that you read the instructions.

When reporting a meal, start by thinking about the first time you had anything to eat or drink between midnight and midnight of yesterday. Once you remember what that was, please select the name of that meal or snack. Then enter the time of that meal or snack. We know your times may be approximate.

Once all the information is ready, click the blue “Find Food and Drinks” in the bottom right hand corner of the screen.

SEARCH FOR FOOD AND DRINKS

Next you will search for the foods and drinks you had at that meal or snack. Remember that when you first enter foods at this step, you do not have to worry about the details, such as milk in cereal, butter on potatoes, or the components of a salad. Instead you can just enter "Cheerios" or "baked potato" or "green salad". The website will ask you about those details later (in the “Add Details” step).
Type in a food or drink you had at that meal in the search box. Then search by clicking the “search” button or by clicking “Enter” on your keyboard. You will then see a list of results. Click on the best match from the results. That food or drink will then show up in the meal on the right side of the screen.

You should continue searching for foods, drinks, or supplements until all items consumed at that meal are added. Once all foods, drinks, or supplements are added, click “Finish with this Meal.”

**MY FOODS & DRINKS PAGE**

The screen below will then be shown. You can then add your next meal or snack by clicking “Report a Meal” in the bottom right-hand corner of the screen. If you realize you forgot to add a food to a meal, you can click the “Add Foods” button next to the meal. You also can delete specific foods, by clicking the “Tools” button next to a specific food and then clicking the trash can icon.

If you have questions during the recall, you can click the HELP button in the bottom left of the ASA24 screen. You can also click on any yellow question marks (?) when they appear to see additional help for specific tasks.

**ADD DETAILS**

Once you have reported all of your meals and snacks, you will be prompted to give details about the items you reported. Questions will be about the specific type of item, how much you ate, and if you used any toppings or condiments. You will get several prompts throughout to help remind you of things you may have forgotten.

**Thank you for your participation. We cannot thank you enough!**