

ABSTRACT

Estimating Dietary Intake : Methods and Applications

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The purpose of this paper is to review the methodology for conventional dietary surveys with the aim of promoting nutritional epidemiology studies. In the first section, we discuss the purpose of dietary surveys, with the second section summarizing the applications, strengths, weaknesses and resource tools required to carry out major dietary surveys (i.e., the dietary record methods, 24-hour dietary recalls, and food frequency questionnaires). The evaluation and interpretation of normal dietary intakes of individuals and groups are discussed in the final section. The limitations of the dietary surveys are also considered from a practical aspect.

Key words dietary intakes, dietary record methods, 24-hour dietary recalls, food frequency questionnaires, nutritional epidemiology