

**Canadian Community Health Survey (Cycle 2.2)  
Nutrition (2004)**

**24 - Hour Dietary Recall**

**Interview Process**

The 24-Hour Dietary Recall interview is composed of 5 Steps:

**1. Quick List**

*Respondent reports an uninterrupted general listing of all foods and beverages consumed during 24 hours, from midnight to midnight, on the day before the interview. The Quick List is designed to get a **quick** report of easily remembered foods, including snacks and water.*

*Salt, ground pepper, spices, herbs, vitamins or mineral supplements are not collected within the 24-Hour Recall. However, vitamins and mineral supplements are covered in two specific modules of the Canadian Community Health Survey - Nutrition questionnaire, and the use of salt is covered in three questions at the end of the 24-Hour Dietary Recall interview.*

**2. Forgotten Foods**

*Respondent answers a series of questions probing for frequently forgotten foods from 9 categories – nonalcoholic beverages, alcoholic beverages, sweets, savory snacks, fruits and vegetables and cheeses, breads and rolls and any other types of foods. These questions relate to foods consumed in addition to the ones already reported in the Quick List.*

**3. Time and Occasion**

*Respondent answers the time he began eating or drinking the food reported and what he would call the eating occasion (as defined by the respondent), for this food. These questions are designed to help the respondent remember and report his eating patterns over the past 24 hour period, as well as to group foods that are eaten at the same time.*

**4. Detail Cycle**

*Respondent answers standardized questions designed to provide detailed information on each food and beverage reported. Details collected include food descriptions, preparation methods, food additions, amounts and where the meal was prepared. The Food Model Booklet is the main measuring guide used by respondents when describing a size/measurement, or portion of food consumed.*

**5. Final Review**

*A final probe is performed to recall any additional foods that the respondents may have overlooked.*