

## COMPARISON OF DIETARY RECOLLECTION DATA WITH ESTABLISHED FOOD HABIT CHANGES OVER A TEN YEAR PERIOD

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The longitudinal collection of data concerning food habit of Australians by such organisations as the Australian Bureau of Statistics, the National heart Foundation and market research companies is both time consuming and costly. Such data may not be applicable to specific groups or individuals. Thus dietary history survey techniques are often used "post-facto" to ascertain dietary changes over a period of time that are more applicable to individuals in such counselling areas as weight-loss or calcium status. Such techniques, however, suffer from inaccuracies of poor memory recall, inaccurate measurements and wishful thinking which limit their usefulness in assessing dietary changes. Dietary recollection survey techniques in which both quantities and frequencies are recalled by comprehensive interview and use of visual aids may increase accuracy.

This paper examines results of a pilot dietary recollection survey conducted with 15 over 35 year olds drawn from a representative cross-section of the Tasmanian population. A set of semi-structured questions were used to standardise the procedure and enhance recall. Frequencies of food items eaten at each meal in 1982 and 1992 were recorded together with the use of supplements and condiments. These were subsequently compared by computerised dietary analysis. Changes in total energy, fat content and type, carbohydrate content and type, protein and major vitamin and mineral status over the ten year period are presented and compared with mean changes for such nutrients in the Australian population for the same period as recorded in data from other sources.

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