

Food Frequency Data Entry and Analysis Program

R. Sue McPherson
University of Texas
Houston, Texas

The Food Frequency Data Entry and Analysis Program (FFDEAP) is designed to assist in the development, data entry and nutrient analysis of frequency of food use data. The FFDEAP is not accompanied by a food and nutrient data base. Because of the desirability that the foods included on a food frequency questionnaire be study specific, and that, in some cases, a number of similar foods may be aggregated into a generic food type (e.g., citrus fruits, breads, crackers, etc.), the user can select both the foods that will appear on the food frequency questionnaire and the corresponding gram weights (portion size information) and nutrient information that will be used in the nutrient analysis. The FFDEAP gives the user the unique capability of developing, collecting and analyzing frequency of food use information specific to each study population or the goals of a project.

FOODS AND NUTRIENTS

In order to operate the program, the user must develop two files. The user manual contains detailed instructions and file formats for these two files. The first user-developed file, the GRAMS file, will contain the food and gram weight information. The foods in the GRAMS file are those that the user has selected for inclusion on the food frequency questionnaire. The food list cannot exceed 250 items. This file also contains the gram weight of the selected food model and portion size options for each food. The second user-developed file, the NUTRIENT file, contains the nutrient information per 100 grams of each food on the food list. The number of nutrients for each food cannot exceed 50.

The gram weight and nutrient information for the foods can be obtained from any source, including nutrient data bases, the literature or from laboratory analyses. Users have the freedom to select their source of nutrient information.

ENTRY AND EDITING

The FFDEAP has two parts, the ENTRY Program for data entry and the ANALYSIS Program for nutrient analysis and reporting. In the ENTRY program, subject information data can be entered into the Cover Sheet Information Screen. The Subject Number refers to the unique subject identification number. The Date distinguishes the date of the food frequency interview. Other identifying data entry fields are available on the Cover Sheet Information Screen to aid in study management and quality control. The ENTRY Program reads the user-created GRAMS file and presents the foods on the screen one by one in the order in which they appear on the food frequency questionnaire. The ENTRY Program has on-line editing capabilities to allow additions, deletions, or changes to the data entered. A sample of a FOOD FREQUENCY DATA ENTRY SCREEN follows:

FIELD PGUP/PGDN-ITEM ^HOME-TOP FILE ^END-END FILE ESC to Exit	
SUBJECT #: 1	DATE: 12/09/90
Food: 1 WHOLE MILK	
Eats Food: (1) No (2) Yes (9) Unknown: 2	
Enter Frequency: Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily <input type="checkbox"/>	
Weight (GM,OZ,LB,MG,KG)	Fluid (FO,PT,QT,GAL,ML,L)
Cup (CP,C)	Spoon (TS,HTS,TB,HTB)
Glass (G1-G5)	Bowl (B1,B2)
Mug (MG1,MG2,MG3)	Serving (SV)
Not Further Specified (NFS)	Unknown (UNK)
Usual Portion Size From Food Models	
How Many: 1	Food Model Name: <input type="text"/>

The FFDEAP is primarily designed to collect and analyze data for a 28-day time period. However, data can be collected for shorter periods of time and entered into the FFDEAP using only the weekly and daily data entry fields.

Nutrient analysis of the entered data is carried out in the ANALYSIS Program of the FFDEAP. In the ANALYSIS Program the user may develop and edit printed report forms and determine which nutrients will be in the reports and ASCII files.

PORTION SIZE OPTIONS

For each food on the food frequency questionnaire, the user can determine the food models and portion sizes that will be allowed for that food. The portion size information is then entered into the GRAMS file and becomes part of the quality control data for the data entry. The allowed food models and portion sizes for each food will also be displayed on the food frequency data entry screen in the center box as shown in the above screen. If a food frequency questionnaire is designed to be semi-quantitative, the information for one standard portion for each food can be entered.

The food model and portion size options can be household measures such as cups and tablespoons, weight and fluid measures such as grams, ounces and fluid ounces or two-dimensional geometric models. The two-dimensional geometric models are provided with the manual and include rectangles, circles, wedges and two-dimensional representations of mugs, cups, glasses, spoons, bowls, and mounds. Even though all these food model and portion size options are allowed and recognized by the FFDEAP, the user may elect to use a limited number of these available.

CUSTOMIZED REPORTS AND ASCII FILES

The ANALYSIS Program allows the user to create printed reports and/or ASCII files. The user may select the nutrients to be included in the ASCII files independently from those to be included in the report. Reports can be sent to a file and printed at a later time.

The Report is available in both detailed and summary format:

- (1) The summary portion of the report contains the total nutrient intake for the month as well as an average daily nutrient intake based on a 28-day month.
- (2) The detailed portion of the report also contains a detailed nutrient profile for each food. The grams per month consumed for each food is reported, and the nutrients based on the monthly intake of each

food. Reports can be tailored to contain only the nutrients of interest to the user. A sample report is attached.

Two ASCII files are produced by the ANALYSIS Program which can be read easily by data base management, statistical, and other software programs for aggregation and summarization of data.

THE FFDEAP PACKAGE

The PROGRAMDISK contains the FFDEAP Files.

The SAMPLE DISK contains examples of the files generated by the FFDEAP as well as examples of the GRAMS and NUTRIENT files.

The USER MANUAL contains detailed instructions on developing the GRAMS and NUTRIENT files, on operating the ENTRY and ANALYSIS Programs of the FFDEAP, and a comprehensive TUTORIAL.

The SAMPLE FOOD FREQUENCY FORM includes a cover sheet and is designed to correspond to the data entry fields on the screen. Users can use it for data collection or as a guide for developing their own forms.

The TWO-DIMENSIONAL FOOD MODELS are representations of three dimensional geometric shapes and common household measures. Examples of the types of shapes represented include circles, rectangles, and wedges. Examples of the common household measures include bowls, glasses, mugs, spoons and cups. The TWO-DIMENSIONAL FOOD MODELS included with the package are camera ready and can be duplicated, laminated, bound, etc. for use in studies.