

Rapid Guide for 24-Hour Recall using ASA24-2020 from Start to Finish

Hello, thank you for participating in the CELLAR study!

This study requires you to do two separate recalls and each recall will take about 30 minutes to complete. We ask that you complete each of the recalls before 12:00 am (midnight) the same day.

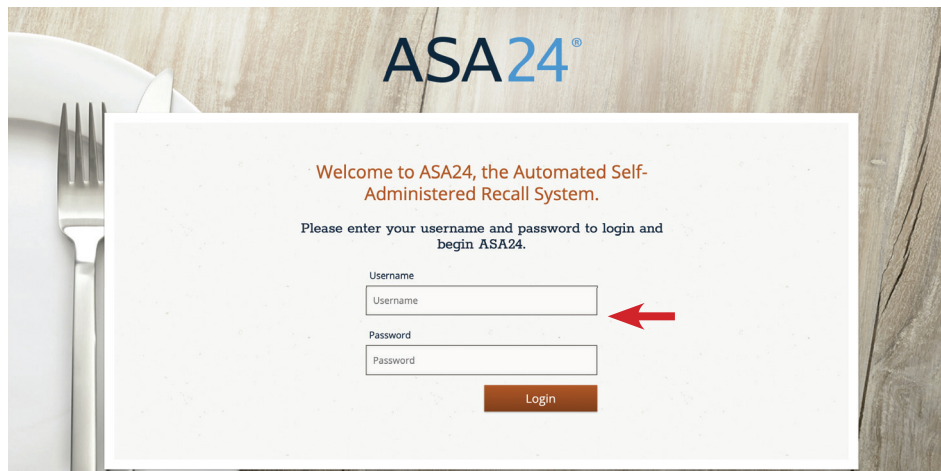
This guide will walk you through the ASA24 dietary recall step by step from start to finish.

For additional assistance, please refer to the [Quick Start Guide \(https://epi.grants.cancer.gov/asa24/resources/asa24-quick-start-guide-24hr-recall-03032020.pdf\)](https://epi.grants.cancer.gov/asa24/resources/asa24-quick-start-guide-24hr-recall-03032020.pdf) and other resources found on the [Cellar website \(https://cellarstudy.ca\)](https://cellarstudy.ca) in the FAQ section. Our researchers are also available by phone, Monday to Friday from 2pm-8pm AT at (902) 266-7167 or (902) 266-3215.

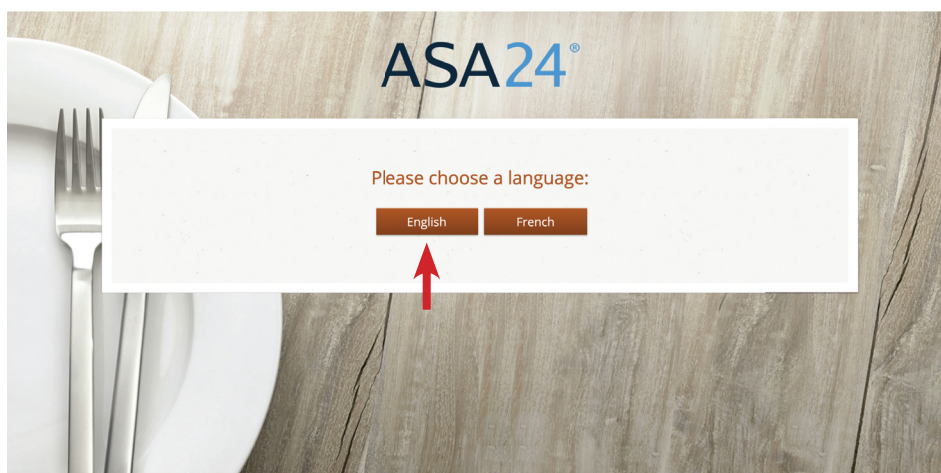
Step 1: Navigate to the ASA24 website and enter your login credentials.

<https://asa.24.nci.nih.gov/>

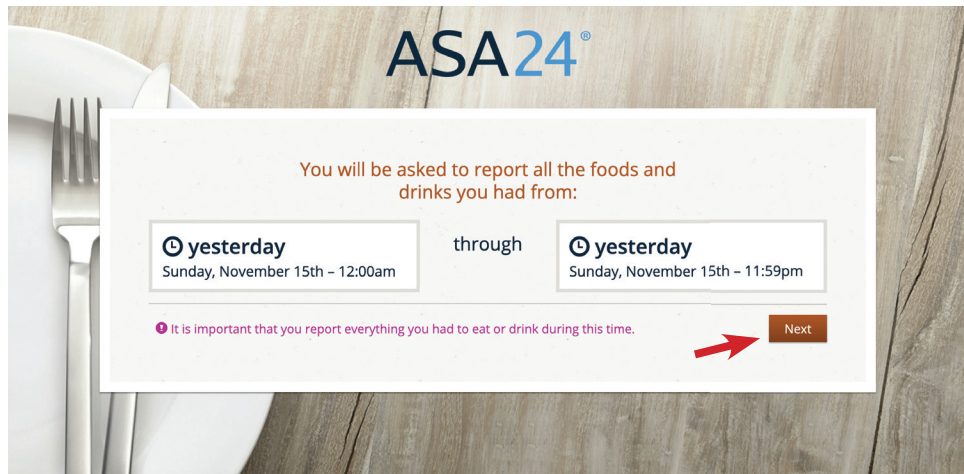
Great, you are logged in!



Step 2: Once logged in, you will be prompted to choose a preferred language by clicking on the corresponding button. For the purposes of this study, PLEASE CHOOSE ENGLISH.



Step 3: You will be asked to recall and report all foods and drinks from the previous day. Click “Next.”



Step 4: This is your ASA24 homepage. Take a second to get familiarized with some tools that can assist in the recall process.

The navigation bar will act as a guide as you move through the dietary recall steps.

“Show Tips” can be activated or deactivated as needed.

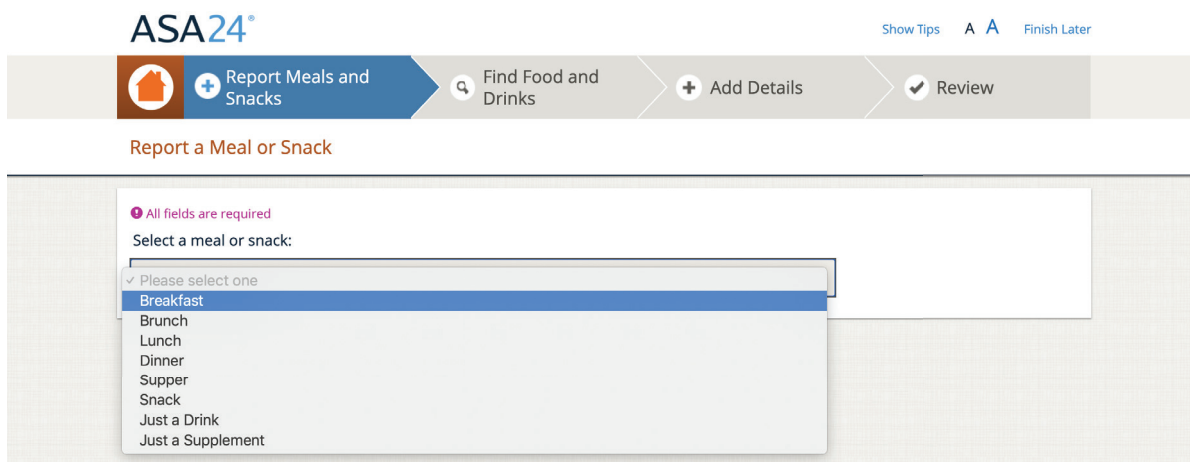
Text size can be increased or decreased by clicking on the larger or smaller “A.”

“Finish Later” allows you to return at a later time before the end of the day (12:00 am) to complete the recall.

For additional assistance, click on the “Help” button.

Once ready to begin, click “Report a Meal.”

Step 5a: In the drop-down list, choose the meal/snack you wish to record.



Step 5b: Add additional information about time and location by using the arrows and drop-down menu.
Step 5c: Click “Find Foods and Drinks” to move to next section. Great job!

Report a Meal or Snack

All fields are required

Select a meal or snack:
Breakfast

Day of the Breakfast:
Sunday, November 15th

Time of the Breakfast:
(Select a time between Sunday, November 15th - 12:00am and Sunday, November 15th - 11:59pm)
08 : 00 AM

Location:
Home

Help Cancel Find Foods and Drinks

Step 6a: Type the food you ate in the search bar, then click on the search button to generate a list of foods related to your search.

ASA24

Show Tips A A Finish Later

Report Meals and Snacks Find Food and Drinks Add Details Review

Find Foods & Drinks

Breakfast, Sunday, November 15th

Search: Type a food, drink or supplement Search

What I ate and drank for Breakfast, Sunday 8:00am

Help Favorites Recipes Finish with This Meal

Step 6b: Select the corresponding option that appears in the list. If it does not appear, try a different search word or click “I can’t find what I’m looking for” to access additional options.

Search: toast Search

What I ate and drank for Breakfast, Sunday 8:00am

Filter your results: Breads, Cereals, Bakery products & Salty snacks:

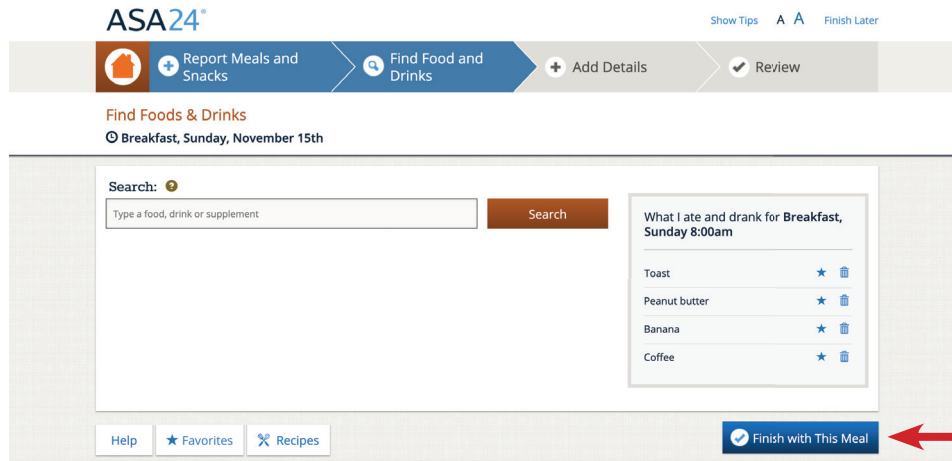
- Bread, Muffin, Roll, Tortilla (5)
- Cereal, Hot cereal, Grits (2)
- Cracker, Chip, Popcorn (1)
- Pancake, Waffle, Crepe (2)

10 Results:

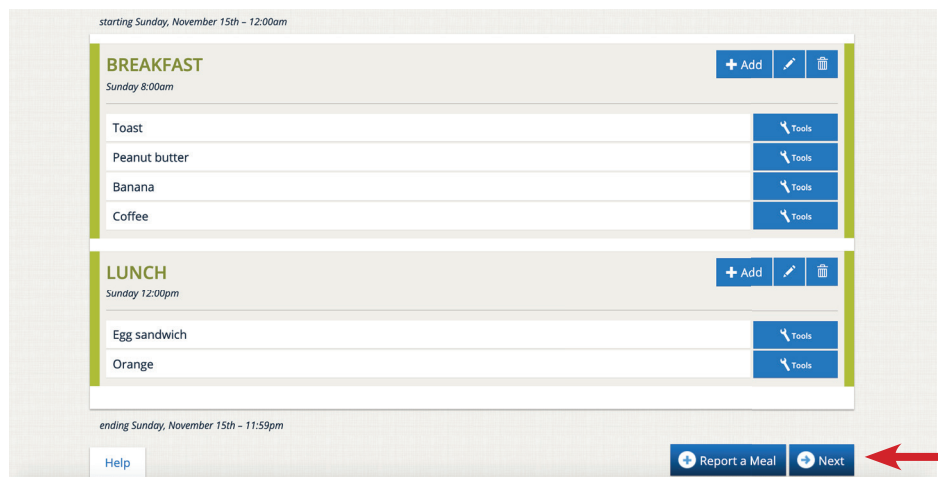
- [Add a recipe >](#)
- [Toast](#)
- [Cinnamon toast](#)
- [French toast](#)
- [Texas toast](#)
- [Garlic bread toast](#)
- [Melba toast](#)
- [Cinnamon Toast Crunch](#)
- [French toast sticks](#)
- [Zwieback toast](#)
- [French Toast Crunch](#)

[I can't find what I am looking for >](#)

Step 6c: Continue adding foods and drinks until all meal items are added. Click “Finish with This Meal.”



Step 7: Repeat 5 and 6 for all meals (breakfast, lunch, and dinner) and snacks. Once recorded, click “Next.”



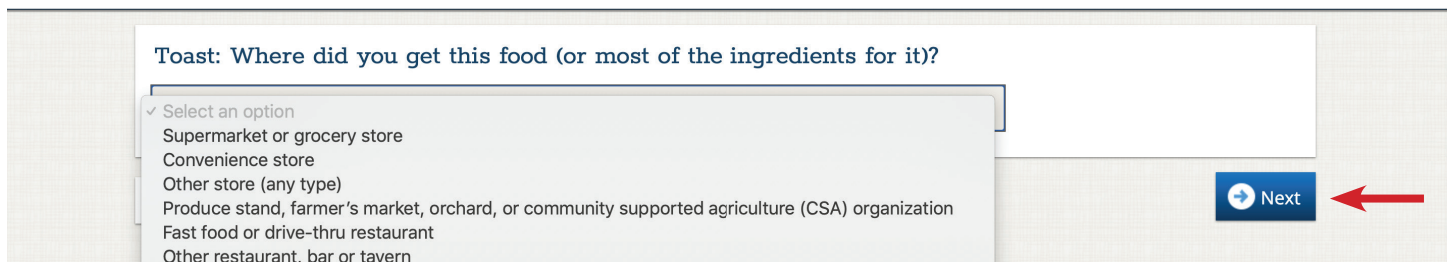
Step 8: You will now be asked to provide detailed information about each food and drink item recorded. Select options that apply and click “Next” to move through all foods and drinks.

Remember you are recording all foods, drinks and supplements consumed in the last 24 hours.

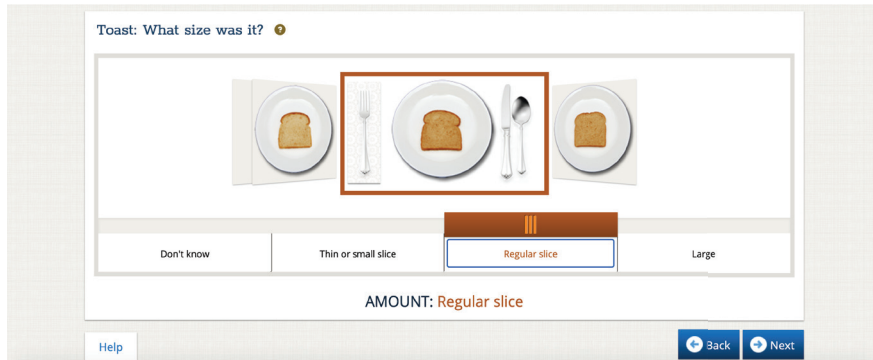
For all additional prompted questions try to be as accurate as possible and find an option that is true for you!

Add details to your Toast

Breakfast Sunday, November 15th – 8:00am



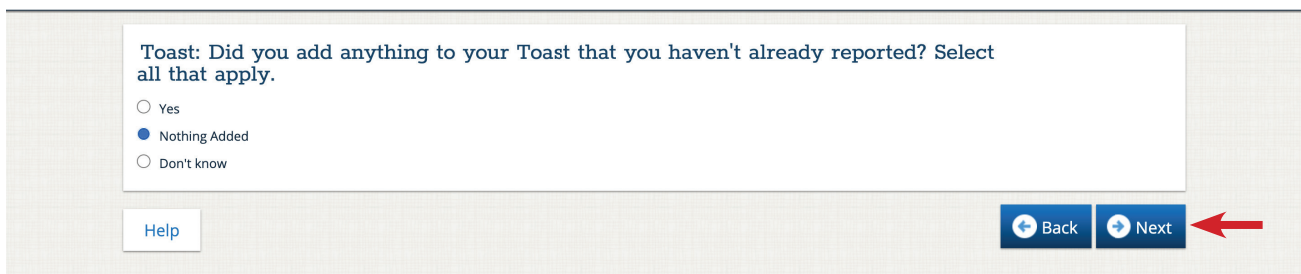
In this example, find the correct serving size and click on it.



There will be many opportunities to remember and record all foods!

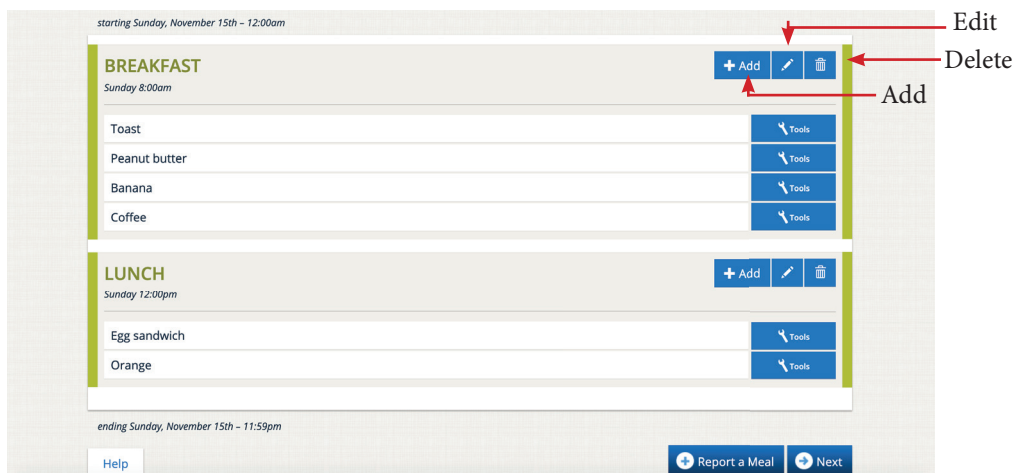
Add details to your Toast

🕒 Breakfast Sunday, November 15th - 8:00am

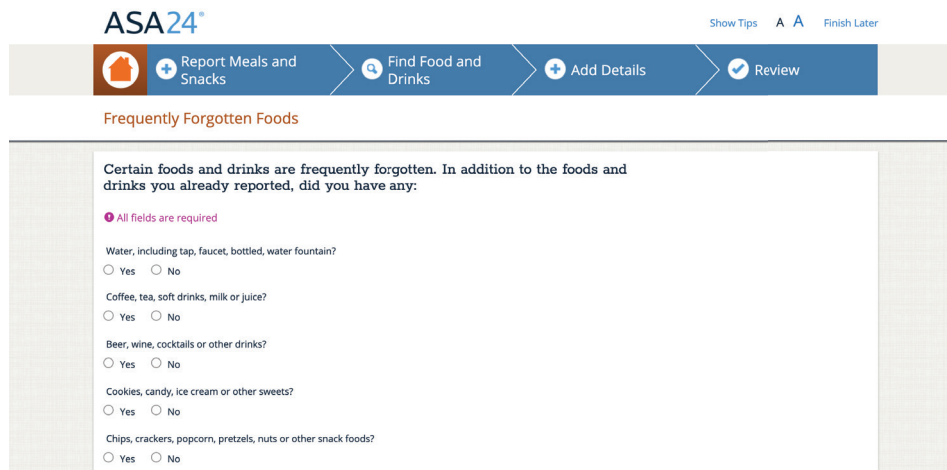


Step 9: Once all details about foods and drinks are added, review for any foods and drinks that may have been missed. This can be done by clicking on the “Add” button. Great Job!

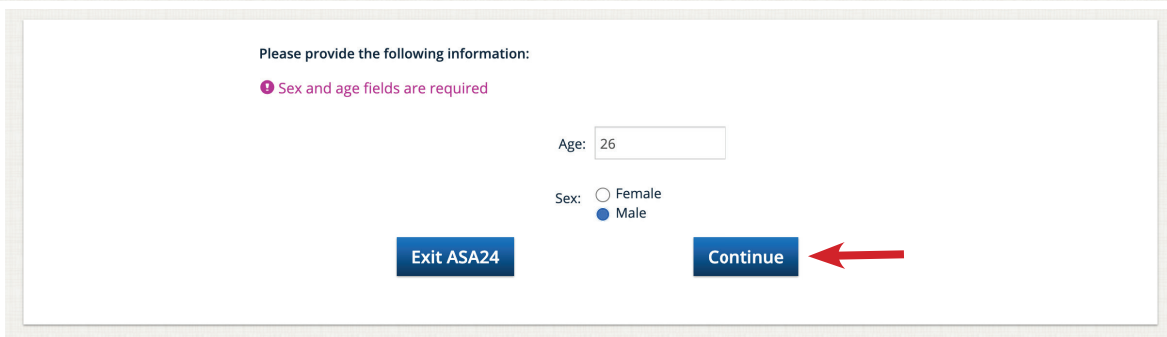
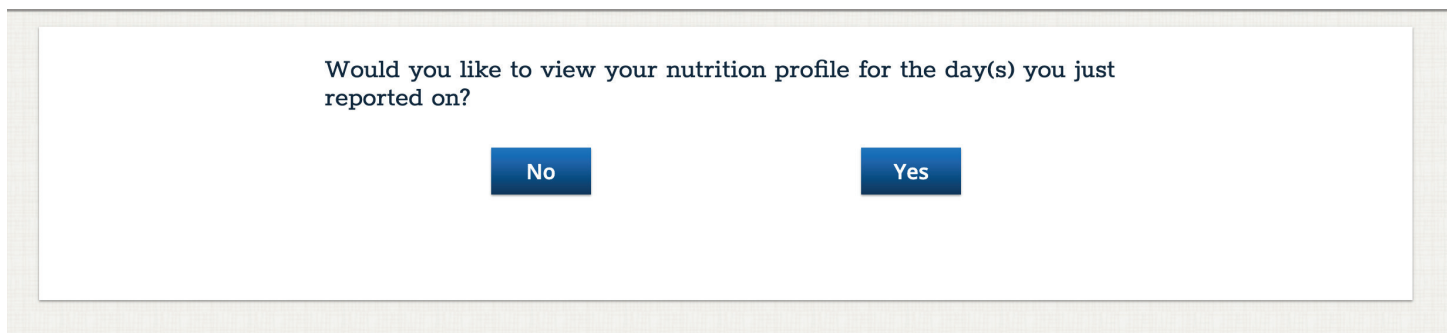
Edits can be made or deleted by choosing on the corresponding buttons. Once satisfied, click “Next.” This is a big part of the recall finished!



Step 10: Answer questions about items that tend to be forgotten (such as water or dietary supplements). Click “Next” once complete.



Step 11: ASA24 allows you to view a detailed nutrition report about the foods and drinks recorded. If you are not interested, click “No.” You are done! Thank you! If you are interested click “Yes” and provide additional information.



Step 12: Observe Nutrition Profile. Once complete, click “Print” or “Finish.”



Thank you for completing the Dietary Recall!

If this is your first time doing the recall, **don't forget to do it again!** Just wait at least 72 hours (3 days) before the next one.