

# Approaches to Assessing Intake of Food and Dietary Supplements in Pregnant Women and Children 2 to 11 Years of Age: A Workshop

| Day, Date         | Time (EST)     | Topic                                                                                                                        |
|-------------------|----------------|------------------------------------------------------------------------------------------------------------------------------|
| Thursday, May 6   | 10:00-12:00 PM | <b>Webinar 1:</b><br>Methods for Dietary Assessment during Pregnancy                                                         |
| Monday, May 17    | 10:00-12:00 PM | <b>Webinar 2:</b><br>Methods for Dietary Assessment in Children 2-5                                                          |
| Wednesday, May 19 | 10:00-12:00 PM | <b>Webinar 3:</b><br>Methods for Dietary Assessment in Children 6-11                                                         |
| Monday, May 24    | 9:00-11:00 AM  | <b>Webinar 4:</b><br>Innovations and Special Considerations in Assessing Dietary Intake During Pregnancy and Ages 2-11 Years |

# **Approaches to Assessing Intake of Food and Dietary Supplements in Pregnant Women and Children 2 to 11 Years of Age: A Workshop**

- Presentations will be followed by Q&A with committee members
- Five-minute break, 11:10 a.m. – 11:15 a.m. EST
- During panel discussion with the audience, send your questions via the Zoom Q&A feature
- Webinar will be recorded and published:  
<https://www.nationalacademies.org/>



## Diet Assessment

# Diet Assessment

|                       |                                                                                                                                                                                                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TOOLS</b>          | <p>Classic: direct observation, duplicate diet samples, recalls, records, history, close-ended surveys</p> <p>Emerging: mobile techniques, photography, ecological momentary assessments, objective yet passive</p> |
| <b>CONSIDERATIONS</b> | <p>Research goal, accuracy, feasibility, burden participants and staff, costs, diversity, literacy, motivation, timeframe reflected, level of detail provided, analytic capabilities, harmonization</p>             |



