

Accurate and Efficient Nutritional Assessments

Validated online nutritional analysis software to support research into diet-related disease, globally

Case Study: myfood24 for research in Germany

Professor Dr Ute Nöthlings

Ute Nöthlings is a professor of nutritional epidemiology and leads the Nutritional Epidemiology Department of Nutrition and Food Science at the University of Bonn. The main focus of research within her Nutritional Epidemiology Department is on dietary assessment methods in epidemiological studies, and the investigation of diet and lifestyle as risk factors for chronic diseases.

The Department chairs the DONALD study (Dortmund Nutrition and Anthropometric Longitudinally Designed Study), an open cohort study from infancy to adulthood, and are involved in the establishment of different cohort studies with adults. Moreover, the Nutritional Epidemiology Group coordinates a competence cluster in nutrition research called Diet-Body-Brain that investigates the role of diet in cognitive development and cognitive decline across the lifespan.

Using myfood24

In order to standardise dietary assessment across countries, Prof Dr Nöthlings contacted Prof Cade to collaborate on adapting myfood24 for use in Germany by translating it and including German Food Composition Tables.

myfood24 was the chosen dietary assessment tool due to its "high-quality" and "fully automated calculation of food and nutrient intakes". One particular aspect of myfood24 that was highly regarded by the team in Germany was the flexibility; allowing for self- and interviewer-administered 24-hr dietary recalls or food records.

A validated tool for Germany

The Nutritional Epidemiology Department have developed, evaluated and validated the German database used by the German myfood24. The first evaluation in a sample of 141 adults suggests that the tool was well received by the majority of participants, indicating its potential for use in nutritional research in Germany. Currently, myfood24 (Germany) is being validated against reference measures and recovery biomarkers.



“To our knowledge, myfood24 (Germany) is the first web-based solution for a self-administered 24-hr dietary recall in Germany. From our experience, there is a strong need for such a tool in this country.”

- Professor Dr Ute Nöthlings

Next steps for Prof Dr Nöthlings

The German version of myfood24 will be used within the cohorts the Nutritional Epidemiology Department is involved in and is already being used in studies.

To help promote the use of myfood24 in order to standardize dietary assessment across countries, the team have also set up a 'Collaborative Hub' in Germany.

Get in Touch

If you're interested in using myfood24 for Germany, please get in touch using either of the following:

Website: <https://www.myfood24.org/contact-us>

Email: enquiries@myfood24.org

For more information on myfood24, please visit us at:

Website: <https://www.myfood24.org>

You can also follow us on social media to hear our latest news:

Twitter: <https://twitter.com/myfood24>