



Accurate and Efficient Nutritional Assessments

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

Case Study: myfood24 for research in Denmark

Professor Anne Tjønneland

Professor Anne Tjønneland is head of research at the [Danish Cancer Society Research Centre](#) (DCSRC). She has almost 30 years of research experience in nutritional and cancer epidemiology and has established the Diet, Cancer and Health (DCH) cohort. The DCH holds extensive information on diet and lifestyle information and holds anthropometric and biological measurements for over 57,000 participants.

In 2015 Prof Tjønneland began the Diet, Cancer and Health – Next Generation (DCH-NG) cohort that seeks to investigate the associations between diet and lifestyle factors with disease development. The DCH-NG holds the same measures as the DCH cohort for the children and grandchildren of the original DCH study and consists of over 40,000 participants.



Danish Cancer Society

Using myfood24

Prof Tjønneland and her team had been searching for some time for an online system that would allow them to accurately monitor dietary intake. In 2015, at an event in Brisbane, myfood24 caught the attention of a colleague working on the project. Prof Tjønneland approached Prof Cade regarding using myfood24 in the DCH-NG cohort.

Working in collaboration, myfood24 was tailored for use by a Danish cohort which included translating the system into Danish and incorporating local food composition tables.

Investigating diet and cancer

Since 2017, Prof Tjønneland and her research team have been using myfood24 alongside food frequency questionnaires (FFQs) to evaluate dietary intake for a subset of the DCH-NG cohort (500 participants).

myfood24 has enabled DCSRC to better understand the links between diet and cancer, in particular linking dietary intake with compounds found in the blood. The next phase of research will require myfood24 to be used by the whole cohort on six different occasions over the course of a year.

Get in Touch

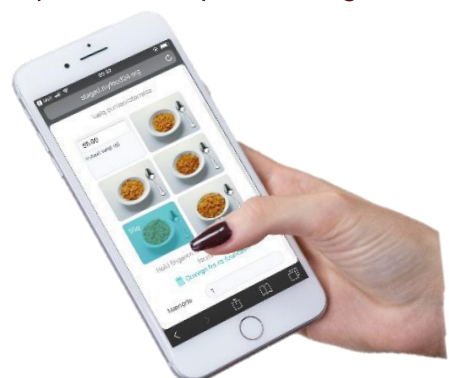
If you're interested in using myfood24 for Denmark, please get in touch using either of the following:

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>



“myfood24 has made it possible for us to collect 24 h recalls on our participants in a user-friendly way and at the same time the program has provided us with the quality dietary data we need for our research.”

- Professor Anne Tjønneland