

Accurate and Efficient Nutritional Assessments

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



University of Agder: Developing a robust tool for Norway

The Dietary Methodology team at the University of Agder, led by Dr Anine Medin, were looking for a robust tool that could be used to instantly analyse nutritional intake in the Norwegian population. But there were no validated tools available that met their needs so they turned to *myfood24* for help to create a new version of the software, specifically for use in Norway. We spoke with Dr Medin to find out about her experience of developing a Norwegian version of *myfood24* and this is what she had to say...

What was the problem you needed to solve?

There were no validated tools or software in Norway available that we could use to instantly analyse nutritional intake that included a local food composition database (FCD) that applied to the Norwegian population.

The only tools available were food frequency questionnaires which are subject to large measurement errors and didn't provide the in-depth level of information we required for our research.

We needed something that was specific to Norway that could quickly analyse nutritional intake, accurately.

We chose *myfood24* because it gave us exactly what we needed: an easy to use tool that instantly produced data.

Why did you choose to use *myfood24*?

We wanted a tool that would be updated and improved frequently; it needed to be a long-term solution that we could use for our future work. *myfood24* could provide us with that. We chose *myfood24* because it gave us exactly what we needed: an easy to use tool that instantly produced data.

We worked in collaboration with the *myfood24* team to create a new local FCD specific to Norway. We also translated the system into Norwegian and developed portion images and descriptions that reflect local dietary patterns.



There's definitely a need for *myfood24* out there, there are no other validated web-based options available in Norway.

How have you been using *myfood24*?

We've just started using the Norwegian version of *myfood24* in a large survey amongst students and younger adults who are completing 24hr recalls, it's working really well!

I would recommend *myfood24*. There's definitely a need for *myfood24* out there, there are no other validated web-based options available in Norway. I hope that other researchers can use *myfood24* and help to move the field forward.

About Dr Anine Medin

Dr Anine Medin specialises in nutritional epidemiology at the University of Agder in Norway. Her research interests include developing and validating dietary assessment tools, understanding dietary and eating habits in children and adolescents and sustainable eating patterns.



About *myfood24*: research

Created and validated by experts, *myfood24* was developed to be a quick and easy to use solution that would stand up to the academic rigour demanded by world-class research into dietary assessment.

Researchers can manage participants, track activity and use the results generated to provide a full range of food and nutrient outputs.

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