



Colorado Clinical and Translational
Sciences Institute (CCTSI)

UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

Photographic Diet Diary Instructions

CCTSI Nutrition Core

Instructions

- Photos should be taken at arms-length and at a 45-degree angle. No close-ups!
- Photos should be taken in good lighting. If needed, use flash.
- Your thumb should be placed next to the serving plate/bowl or food item.
- If possible serve food on a plain white plate.
- If eating a pre-packaged food item, the label should be facing towards the camera.
- Sandwiches, burritos, burgers, and wraps should be cut in half and spread apart so that all ingredients are visible.
- When possible, beverages should be in a clear container or be in some other way identifiable.
- A before and after picture should be taken. If going back for seconds, another before and after picture is needed for that meal.
- In the after picture, any empty opaque containers (such as pop cans or yogurt containers) should be flipped upside-down on a napkin to show 100% consumed.
- Pictures should only include food eaten at that meal – no other foods or beverages or food images in the field of view.
- Don't dispose of items such as apple core, peach pits, citrus peel until after taking the after picture.
- If cooking from a recipe, take a picture of the recipe in addition to the before and after pictures of the food you ate.

Why is it important to take detailed pictures?

- **The researchers are looking for...**
 - **The amount of food actually consumed**
 - **Food facts (99% lean, 2%, fat free, etc.)**
 - **Brand and/or Restaurant names**
 - **Preparation methods (baked, fried, broiled, etc.)**
 - **Condiments and seasonings (fats, salt, dressing, marinades, etc.)**
- **If these details are not included it can effect the conclusion of the research study**

Examples of Unusable Pictures



- This is a picture of a picture of food
- Cannot tell the depth of the plate
- When an after picture is taken the researchers will not be able to tell how much food was eaten



- Only foods being eaten should be included in the picture
- Cannot see the depth of the bowl since the photo is taken at 90°



- Bad lighting

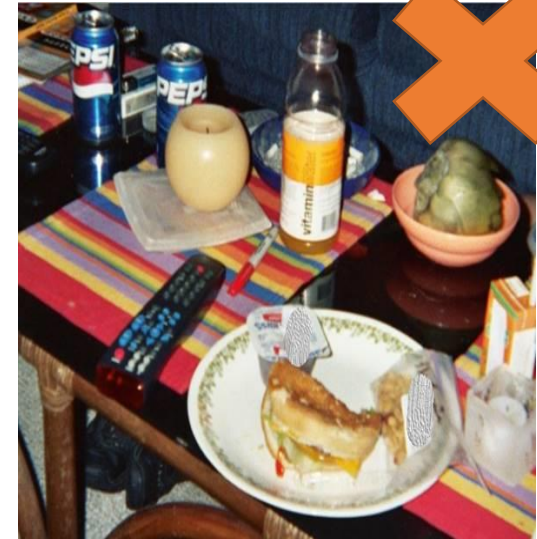
Examples of Unusable Pictures



- Other meals are in the photo



- There should be no food except what you are eating in the photo



- Multiple drinks visible; making it unclear what was consumed

Meals

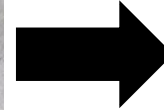
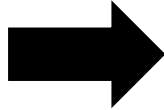
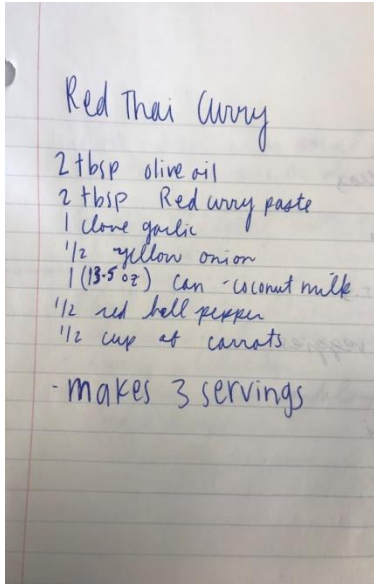


- Thumb is next to dish for a reference point
- Each food in the meal is easily seen
- Whole plate is visible
- 45° degree angle



- No thumb
- Foods are mixed together so individual foods cannot be identified.
- 90° angle picture, should be 45°

From a Recipe



- When making food that requires a recipe take a picture of the recipe as well as taking a before and after picture

Wraps and Sandwiches



- Wraps and sandwiches should be cut in half and spread apart to see what is inside of the sandwich

Packaged Food



- Brand name and nutrition claims available
- The label is facing towards the camera
- The amount is visible
- Picture taken on a flat counter

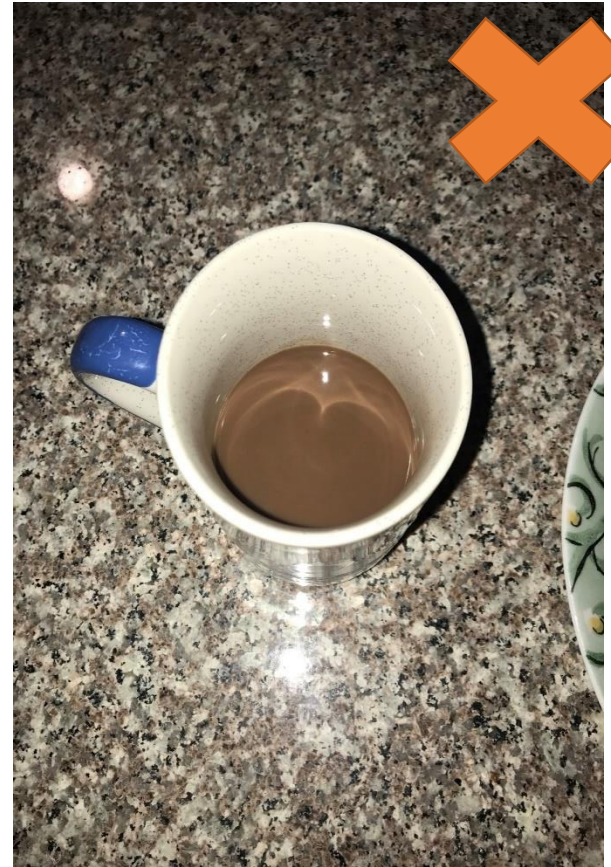


- The label is facing away from the camera
- Holding the package with your hand makes it difficult to see the type of food

Beverages



- Clear glass
- Includes brand name and nutrition claims
- Thumb included



- In a coffee cup – making it unclear what the item could be
- No thumb

Packaged Beverages



Before



After



- If you are starting off with a full unopened can take a picture of the closed can
- If you drink the full can take a picture of the can flipped over onto a napkin to show that you drank it all. If not, leave upright.
- If you are starting off with a drink that has been partially consumed, pour what you are drinking into a clear glass and take a before and after picture.



- Added butter is visible
- Thumb is included



- Partially eaten
- Butter is not visible
- The amount of egg is not obvious