Mobile Phone Food Journaling: Comparing Traditional and Pattern Input Approaches

Common Problems:
* People forget
* It takes a long time
* Serving sizes are hard to capture
* Finding an unusual food you ate in the standard database

Food Indexes:
* Dietary Pattern Indexes are used to “grade” the quality of a person’s diet
* Foods can be broken down into components (see Meat Lasagna)
* Can people use these indexes to track the pattern of what they’re eating?

In-Lab Investigation
* 12 ppts
* 3 Conditions:
  * Traditional
  * HEI (Food groups + Nutrients)
  * FBQI (Food groups)
* 3 meals + 2 snacks entered per condition

Future work:
* Full validation, Winter 2011

Motivation

Traditional Mobile Phone Entry

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QUESTION:
Will people use an index-based food journal for longer or more consistently than a traditional food journal?

TLX Responses:
* Traditional (BAL) required significantly less mental activity
* Participants felt significantly more successful with traditional
* One study limitation was that the target tasks didn’t include foods not in the database.

Timing
* Traditional (BAL) is significantly slower

Ability to Help
* No one thought the FBQI (Food Groups only) would help them reach their goals.
* Seems to be an interesting split between people with quantitative versus qualitative goals.

Contributors:
Adrienne H. Andrew, aha@cs.washington.edu
Gaetano Borriello
James Fogarty