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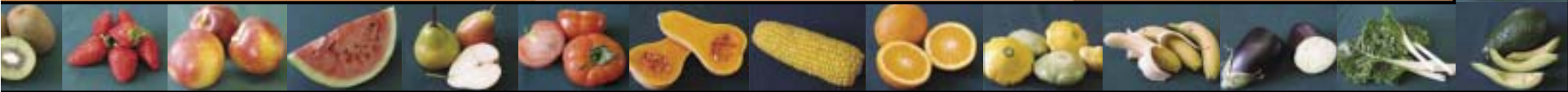
Cheques or postal orders should be made out to the **Medical Research Council**.

Banking details: ABSA Bank, Parow, Branch code: 63-16-09; Account No.: 0390-000-383 (Please fax the receipt of direct deposit for the Kit to be dispatched).

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DIETARY ASSESSMENT AND EDUCATION KIT (DAEK)



Important news for dieticians and nutritionists!!!

Now available:

The Dietary Assessment and Education Kit (DAEK)

The Medical Research Council (MRC) wishes to announce the launch of a new dietary tool, *The Dietary Assessment and Education Kit* (DAEK). This tool builds on the platform of the MRC's FoodFinder™3 software program that was successfully developed by the Nutritional Intervention Research Unit of the MRC.

The DAEK is used in conjunction with the FoodFinder™3 program and facilitates the process of documenting the dietary intake of children and adults in clinical settings, research and education programmes.

The DAEK has been developed by two dieticians in the Chronic Diseases of Lifestyle Unit: Dr Nelia Steyn and Dr Marjanne Senekal (consultant), each having more than 25 years experience in nutrition research and education.



Who can use the DAEK?

- Nutrition and dietetic students
- Dieticians, nutritionists and other practitioners in the field of nutrition research
- Community dieticians
- Clinical and private practicing dieticians
- Community nutritionists involved in education



As an ideal educational tool it educates these various persons about foods and portion sizes. For instance, when explaining a diabetic or a low cholesterol diet to a client, the photo manual provides a visual aid to demonstrate types of food and portion sizes.

Now you can do a dietary assessment without having to spend hours looking up codes and commonly eaten portion sizes.

What does the DAEK contain?

1. A guide on how and when to use the DAEK.

The guide also serves as a training manual for fieldworkers when having to do dietary assessments of population groups. Furthermore, this guide contains an example of each of the following questionnaires and instructions on how to use them:

- a 24-hour recall questionnaire,
- a food frequency questionnaire, and
- a dietary record.

What is the purpose of the DAEK?

The DAEK is an aid for conducting dietary assessments on research participants, patients or other clients.

The DAEK assists with identifying food intake, determining preparation methods of foods eaten and estimating portion sizes accurately.

2. A Food Photo Manual containing the following:

- More than 400 colour photographs on 100 A4 photocard of foods and food products commonly consumed by South Africans. These photo cards incorporate a list of the relevant FoodFinder™3 codes, as well as the weights of the most commonly consumed items (extracted from the Food Quantities Tables of the MRC). The guidelines for size estimation are included on the reverse side of these photographs. The food items have been selected, based on an extensive literature search of dietary surveys conducted in South Africa since 1980 to date.



- Fifteen cards containing generic life-size drawings of portion sizes and volume measures. These drawings have been tested on a group of adolescents and show close comparison to actual weight of the foods shown.

3. Food Flash Cards:

A set of 214 cards containing photographs of foods and drinks intended for use when doing a food frequency interview with a person. Each participant sorts the A6-size cards into piles of foods eaten and not eaten over the required period. Thereafter, more detailed frequency and portion-size information can be obtained. Among children and adolescent participants this can become a game that they play.

The DAEK will be available from May 2004 and can be ordered from the Medical Research Council.

As a special introductory offer, the DAEK will sell at R650.00 (+ R91 VAT +R50 postage) = R791.00. This price is subject to an increase at the next press.

