Studies that have used NASR include:

- School Gardens Research—Healthy Gardens Healthy Youth
- Pathways: A Study of Breast Cancer Survivorship
- Promoting Healthy Living
- Canadian Health Infant Longitudinal Development Study
- Nutrition and Physical Activity Assessment Study II—Feeding Study
- The Assessment of Bone Mineral Density in Submariners
- California Men’s Health Study
- Women’s Health Initiative (WHI)
- Eating for a Healthy Life
- VITamins And Lifestyle (VITAL) Study
- A Worksite Promotion to Increase Fruit and Vegetable Consumption (S-A-Day)
- Prostate Cancer Prevention Trial (PCPT)
- Selenium and Vitamin E Cancer Prevention Trial (SELECT)
- National Study of Nutrition and Health
- Barrett’s Esophagus Alternative Therapies
- Diet Intervention Intermediate Markers
- Nutritional Biomarkers Study in the WHI
- Carotenoids in Age-Related Eye Disease Study
- Shopping for Health
- Integrated Sensor Technology for Real-time Recording of Food Intake

NASR key personnel

Marian Neuhouser, PhD, RDN—Scientific Advisor
Carolyn Ehret, MS, RDN, CD—Director
Eric Meier—Systems Analyst/Programmer
Karen Johnson, RDN, CD—Research Dietitian
Alanna Boynton, MS, RDN, CD—Research Dietitian

For more information

To learn more about NASR, please visit our website at http://ffq.fhcrc.org

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You can also call our toll-free line at:
800-460-7270
Dietary Data Collection

The Nutrition Assessment Shared Resource (NASR) collects and processes dietary data for nutritional studies. NASR can help your study obtain pertinent, accurate data by assisting with the entire process, from designing appropriate forms to accessing the highest quality nutritional databases and delivering timely, accurate results.

NASR Mission
To make it possible for investigators, no matter what their level of training or expertise in dietary assessment, to incorporate the best data collection methods in their studies at reasonable cost.

NASR provides comprehensive support to investigators who include dietary assessment in their research protocols. NASR uses multiple established methods to collect and process dietary intake data from participants enrolled in observational and intervention studies, including:

- Food frequency questionnaires (FFQ)
- Soy FFQ
- Other short questionnaires
- 24-hour recalls
- Multiple-day food records, both documented and undocumented
- Monitored daily intake records (MDI)
- Individualized participant feedback for FFQs
- Serving size tools

NASR also provides:
- Project staff training
- Quality control oversight
- Timely development and validation of assessment instruments
- Custom questionnaire design
- Website interface for quick data delivery
- Special requests for intermediate datasets

The database contains information on over 18,000 foods, including many ethnic foods, and more than 7,000 brand name products. The output provides values for 160+ nutrients, nutrient ratios and other food components (e.g. caffeine, phytic acid).

NASR is one of the largest users in the United States of the University of Minnesota Nutrition Data Systems for Research (NDSR) software for data entry and nutrient analysis. This is the most accurate and comprehensive software available for nutrition research. The University of Minnesota's Nutrition Coordinating Center nutrient database uses the USDA's Nutrient Database for Standard Reference as the primary data source, and supplements this with information from scientific literature and food manufacturers.