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 uses multiple established methods to collect and process dietary intake data from participants enrolled in observational and intervention studies, including:
- Food frequency questionnaires (FFQ)
- Other short questionnaires
- 24-hour dietary recalls
- Multiple-day food records
- Monitored daily intake records (MDI)
- Individualized participant feedback for FFQs
- Serving size tools

NASR also provides:
- Project staff training
- Quality control oversight
- Custom questionnaire design
- Intermediate datasets (by request)
- Website interface for quick data delivery

The University of Minnesota's Nutrition Data System for Research (NDSR) software is used for data entry and nutrient analysis. This is the most accurate and comprehensive software available for nutrition research.

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.

Key Personnel
- Marian Neuhouser, PhD, RDN: Scientific Advisor
- Carolyn Ehret, MS, RDN, CD: Director
- Eric Meier, MS: Consultant/Programmer
- Karen Johnson, RDN, CD: Research Dietitian
- Alanna Boynton, MS, RDN, CD: Research Dietitian

Publications
View a list of publications supported by NASR's services.

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

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