Women 18 to 45 years with either 4 or fewer years of education or 5 or more years were selected.

Women of reproductive age were chosen as the target population because they are typically the respondents in both large and small studies assessing dietary intake.

The sample was purposively selected so that half of the women were from an urban area in Blantyre and half were from a rural area of Chikwawa district.

Simultaneous versus sequential portion size estimation aid visual

Portion size estimation aid visual

Simultaneous – Participant with lower education in rural area

“It was a bit difficult to remember because I had to first of all think about the amount of leftover food before choosing the right picture representing the amount of food that I ate."

5. Conclusions

The process of recalling foods eaten on the previous day, especially when considering leftover food, may be difficult for participants.

Portion size estimation aid visual variables can be optimized to improve participants’ experiences during dietary recalls and enhance the recalls’ accuracy.

Results of this formative evaluation and the associated validation study can inform the development of portion size estimation aids for dietary intake data in low-resource settings.

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