

**COMPARATIVE ASSESSMENT OF FOOD AND NUTRIENT INTAKES
OBTAINED BY FOOD FREQUENCY QUESTIONNAIRE AND 24-HOUR
RECALL METHOD IN KOREAN ADULTS LIVING IN RURAL AREA**

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To investigate whether the result of 24-hour recall method represent individual usual intake, nutrition survey was conducted to 1249 subjects over 30 years of age living in Yeonchon-gun, Kyungki province, Korea. The survey was conducted twice; first with 65-item food frequency questionnaire (FFQ) by interview (1993) and then with 24-hour recall (1995). The nutrient and food group intakes obtained by the two dietary methods were compared. For nutrients except fat and iron, average intake value estimated from the FFQ were significantly higher than that from the 24-hour recall method ($p < 0.001$). The degree of overestimation varies from one nutrient to another. The absolute values of nutrients were different between two dietary methods, but there were significantly correlated with each other ($p < 0.001$), ranging from 0.15 for phosphorus and niacin to 0.31 for energy. For most nutrients, at least 50% of the subjects were classified in either the same or next closest quintiles by the two methods. Subjects' percentile rank of nutrient intake by 24-hour recall correlated with their average rank of nutrient intake by FFQ. Information on food groups obtained by two methods were not comparable because of the limited number of food items in FFQ. From these results, it seemed that intake tendency of nutrients by two dietary methods was similar and the result of 24-hour recall represented individual's usual intake to some extent when compared in a large group of subjects. However, it is not possible to evaluate food group intake by FFQ.