

# The Remote Food Photograph Method

[ Accurate Estimates, Easy to Use ]

The RFPM measures food intake while people live at home. A smartphone or cell phone is used by people to capture images of their food selection and plate waste.

These images are sent to a server in near real time and are analyzed using our methodology to estimate food intake (kcal, macronutrient, micronutrients, vitamins).

Feedback about food intake can be sent to users directly via their smartphone or email.

The advantages:

- 1) data can be received from and transmitted back to the person in real time
- 2) our studies demonstrate that the method accurately estimates food intake in controlled and free-living conditions
- 3) people report preferring this method to other methods (e.g., pen-and-paper food records)
- 4) the method is easy to use and most people own the data collection device



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