38- macro

Subject ID: 38B Date: 7-20-18

24 hr RECALL FORM - Study Visit

1 2 3 4 5 6 (7) 8 9

Date and time that dietary recall includes: 7-19-18

Time	Food/beverage item	How prepared	Quantity
5:12 pm	• Dr. Pepper	~~Jimmy~~	20 oz
	• pickle	Jimmy John's	1
	• Regular potato chips (regular snack bag)	Jimmy John's	1
	• Italian Night Club Sandwich	Jimmy John's	1
	- Genoa salami		
	- Italian capicola		
	- Smoked ham		
	- provolone cheese		
	- lettuce, tomato, onion, mayo, vinaigrette		
	• Garden salad		
	- lettuce	Wal Mart (Marketplace)	2 cups
	- tomato (medium sized)		1
	- Green Bell Pepper		1/2 cup
	- Italian Dressing	(Paul Newman)	1 tsp
9:22 pm	• Nachos		
	- Guacamole		2 tsp
	- Black refried beans	(Bush's)	2 cups
	- Picante sauce	(Pace)	4 tbsp
	- Mexican shredded cheese	(Kraft)	2 oz
	- corn tortilla chips	(Tostitos)	
	• Dr. Pepper		7 oz

Completed by: _____