

## 24 hr RECALL FORM - Study Visit

1 ② 3 4 5 6 7 8 9

Date and time that dietary recall includes: 6-27-18

Time	Food/beverage item	How prepared	Quantity
6:30 am	• scrambled eggs		2
	• sausage link		1 average size
	• orange juice	(Minute Maid)	6 oz
12:30 pm	• Chicken Fajita Taco		2
	- 2 tortillas	(Mission flour)	
	- baked chicken	(came from Hilton Kitchen)	2 chicken breasts
	- sharp cheddar cheese	(KRAFT)	1/4 cup
	- tomato		1 large tomato
	- guacamole		2 oz
	- picante sauce (Pace)		1/4 cup
	• 1% milk		6 oz
4:00 pm	• Cheddar Chex Mix		1 cup
	• 1% milk		6 oz
6:30 pm	• Breakfast Burrito		2
	- scrambled eggs		2
	- sausage links	(came from Hilton Kitchen)	2 average size
	- picante sauce (Pace)		1/3 cup
	- Burrito tortillas (Mission)		2
	• 1% milk		6 oz

Completed by: jeremiah