

## 24 hr RECALL FORM - Study Visit

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Date and time that dietary recall includes: \_\_\_\_\_

Time	Food/beverage item	How prepared	Quantity
5:45	JD Croissant Jimmy dean		1
	sausage		
	egg		
	cheese		
	black coffee	brewed	250ml/1cup
6:12	orange juice		16 ounces
10:55	cheddar chex mix		1 cup
	1% milk		5 ounces
11:50	hillshire black forest ham		6 slices/pieces
	claussen dill pickle		2 slices
	american cheese kraft		1 slice
	salad: lettuce		2 cups
	tomato		1 medium
	green pepper bell pepper		1 cup
	paul newman italian dressing		1 tbspoon
	dr. pepper		8 ounces
	bush's baked beans		1 1/2 cup
14:00	brand name planters, almonds, pecans, cashews		3/4 cup
	1% milk		5 ounces
20:00	chick-fil-a sandwich		1
	cheese		1 slice
	dill pickle		1
	beans		1 1/2 cup
	Salad: lettuce		2 cups
	tomato medium		1
	green peppers bell pepper		1 cup
	paul newman italian dressing		1 tbspoon
	dr. pepper		8 ounces

Completed by:

Romy