

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
7:38 am	• Small corn tortillas (Mission)		2
	• Smoky maple bacon (John Morrell)		1 slice
2 tacos	• Medium sized scrambled egg		1
	• Mexican blend shredded cheese (Kroger)		1 tsp
	• white onion		1 tsp
	• Roma tomato		1 tsp
12:40 pm	2 bean + cheese tacos		
	- Small corn tortillas (Mission)		2
	- Rosarita traditional Refried Beans		4 oz
	- Mexican blend shredded cheese (Kroger)		4 tsp
7:52 pm	• Roasted turkey breast (Oscar Meyer)		6 slices
	↳ (small slices)		
	• White cheddar cheese (Oscar Meyer)		3 slices
	• Whole wheat crackers		6 crackers

Completed by: _____