

24 hr RECALL FORM - Study Visit

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Date and time that dietary recall includes:

07-09-2018

Time	Food/beverage item	How prepared	Quantity
6:50 am	Small blueberry bagel Kroger whole wheat Smart balance buttery spread flaxseed oil		1 piece 1 tablespoon
12:00 noon	Salmon burger patty with avocado + salsa skinny fries normal serving	Restaurant greub burger bar	1 burger + white bun ↳ didn't eat the whole bun
8:16 pm	→ sugar free Kroger SF whole wheat bread Kroger mozzarella low fat cheese Smart balance buttery spread flaxseed oil		1 slice 1 slice 1 tablespoon

Completed by:

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