38- macro

Subject ID: 38C Date: 08-20-2018

24 hr RECALL FORM - Study Visit 1 2 3 4 5 6 7 8 (9)

Date and time that dietary recall includes: 08-19-2018

Time	Food/beverage item	How prepared	Quantity
10:44AM	Kroger english muffin		1
	bananas medium		1
	Coffee		2.5 cups
	mini moos half & half creamer		2
2:40pm	Kroger bottle jalapeno potato chips		2 cups
	Shiner bock beer		24 ounces
4:04pm	tuna		1 can
	egg noodles		2 cups
	cream of mushroom soup		
	pepper		2 gram
	Kroger leaf spinach		8 ounces
	milk		250 ml
	louisiana hot sauce		1 tablespoon

Completed by: ✓