

## 24 hr RECALL FORM - Study Visit

1 2 3 4 5 6 7 8 9

Date and time that dietary recall includes:

7-25-18 7-25-18

Time	Food/beverage item	How prepared	Quantity
6:20AM	scrambled eggs	fried/scrambled	1
	oil spray		
	pepper + salt		
	Sausage patty		1/2 patty
	black forest ham		1 slice
	Hillshire farm		
	bacon		1/2 slice
	Flour tortilla		1 medium
	picante sauce pase		1 teaspoon
	black coffee		1 cup
	minute maid orange juice		6 ounces
12:22pm	iceberg lettuce		2 cups
	green bell pepper		1/2 cup
	tomato medium		1
	baby carrots		8 pc
	Paul Newman italian		2 teaspoon
	dressing		
	1% milk		6 ounces
	barbecue brisket		7 ounces
	barbecue sauce		1 teaspoon
	1/2 teaspoon Ranch		1/2 teaspoon
	cheese cheddar		1 slice
	Sara Lee honey wheat		2 slices
	bread		
5:32 pm	apricots		2
8:16 pm	Sausage patty		1
	flour tortilla		1
	scrambled egg (oil + salt + pepper)		1
	picante sauce pase		1 teaspoon
	1% milk		7 ounces

Completed by: ✓