

## 24 hr RECALL FORM - Study Visit

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Date and time that dietary recall includes:

Time	Food/beverage item	How prepared	Quantity
12:45	1C Split pea soup	Ham hocks celery, onions carrots, ck broth some potato (Stor Top) salt pepper cayenne	1 cup + 1/2
	Green Collards onions, cabbage, onion potato	Sautee in butter	1 cup
	fruit Salad		
	mango, pears & peaches w/ strawberry jam glaze	fresh	1 cup
	<del>2</del> fried eggs		
7pm	Smoothie 12oz 1/2c strawberry 1/2c peach <del>1/2c banana</del> 1/4c Hootopia 1 scoop of whey protein		
	1/2 bowl Kale & spinach		

Completed by: \_\_\_\_\_