Subject ID: 38D Date: 8/14/2018

24 hr RECALL FORM - Study Visit

1 2 3 4 5 6 7 8 9

Time	at dietary recall includes: 8/13/2010 Food/beverage item	How prepared	Quantity
1	1		1/2 CUP
partas	catmeal HEB old fashio	neel	1/2 000
7:30AM	blue barreries		1/2 CUP
	almond milk Silk 300	alories	1/2 cmp
	CIV-CONOLATION CONTRACTOR		
		each	
	11 2 spages 1920	m co	
	Salt & pepper 1980		
	Skall 4 rib-eye fresh		402
nch		Stir Fry Kurland	j
(:00 pm	regetable mix:	FROZEN COSCO	
	brocoli cabbaga	TICOUN COSCO	
	green beans & 1 cup)	
	tarenots)	2	
	watchest nuts & by or	-5	
	onions 7		1 2 2 2 2 2
	Soysance		1 table spoon
	garciic		1 gram
	Sesame Seldoi		1/3 teaspoon
	fish saule		1/3 teaspoon
	red peper flakes		Igram
	1 77		J J
	canala oil about 1	CUSP	
	canola oil about		7 teaspoon
Mnoz	ems /	fried.	2
130000	small potato with sh	in barred	3 aunces
7 / Spin			2 cups
	bapaya		Tear
	12024	Stirfry Kurland	
	vegetable mix!	Floren Cosco	
	(Italia) 1500	(NOW) COSCO	
	Cantiflows (1 cup		
	Captage		
	pepper flakes		
	pepper flatous		Ttable some-
	Carrots Cauliflower 1 cup Cabbage Snions pepper floods Soy Sauce		Trablespean
	barrheur sauce apple punce salt peppe 1 gram ginge seasoning 1 gra		1 to la como
	apple purel		1 anspon
	Salt Depper 1912am	Completed by:	

8:00pm (Reeses pieces Cup Regularistize 2 strawberry sour sweet tarts Soft