38- macro

Subject ID: 38A Date: 06/22/2018

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

Date and time that dietary recall includes:

| Time | Food/beverage item | How prepared | Quantity |
|---|---|---|---|
| 8:00AM | golean cereal original | | 1 cup |
| | almond milk | | 1/2 cup |
| | | | |
| 1:44pm | chobani original plain non-fat | Smoothie | small pack |
| | blueberries | | 10 pc |
| | | | |
| 7:40pm | baby cucumber | | 1 pc |
| | carrot | | 1 small pc |
| | tomato | | 1 |
| | garden salad blend HEB | | 1 cup |
| | sliced turkey breast ~~sandwich~~ | | 2 slices |
| | slice mozzerella chees | | 1 slice |
| | creamy ranch fat free | | 1 tbsp |

Completed by: Romy