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373-	HIGHLIU	

Subject ID: 38 E Date: 9-4-18 Visit (7) 2 3 4 5 6 7 8

24 hr RECALL FORM - Study Visit

	4-3-18		2.19
	at dietary recall includes:	How prepared	Quantity
Time	The state of the s		
1:47am	· Cereal		1 CUP
	- Cheerios (plain) - Vitamin D whole milk	V.C	2 02
	- Vitamin D whole mill	Kroger	1/2 of bangna
The state of the s	· Banana		660
			11 07 510
11 12	DI K (1 - 20 Souckling water	· Clear American	12 oz can
1:23 am	Black Cherry Sparkling was	Sam's brand	1/4 cup or 102
	· Black Cherry Sparkling water · Almonds w/ Seg Salt	20111	
			6 slices
1:10 pm	· Tur Key slices	Kroger	1 stick
	. 10 loru	0 : - = 1 1	202
	· Pimento cheese	Prices brand	202
	· Guaramole		A
	· Tortilla chips		1/2 02
	· 101 11110		/ 0
. 21	0 : 16	Kroger	6-8 OZ
6: 21 pm	· Prime rib	A S	
	* Salad		1 CUP
	- mixed greens - ranch dressing		2 tbsp
	- ranch dressing		107
	- shredded cheese		102
	- sliced eyeumber		102
	- Sliced tomato		102
			1 11
1.10	I a day wingger t		1 tbsp
9:19 pr	n apple eider vinegar + water		
	Waler		

Completed by: Jeremiah