

24 hr RECALL FORM - Study Visit

Date and time that dietary recall includes:

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Time	Food/beverage item	How prepared	Quantity
7:52	shake @ atral 30g protein 85g carbohydrates 26g fat 13g pudding 250 mL H ₂ O		
4:37	Hamburger steak mushrooms onions roll loaded mashed potatoes	seared sauteed sauteed baked	1 1/4 cup 1/4 cup 1 roll 1/2 cup
4:52	Blackberry cobbler Vanilla icecream sugar blackberries crust	baked	3/4 cup 1 scoop

Completed by: