

24 hr RECALL FORM - Study Visit

1 2 3 4 5 6 7 8 9

Date and time that dietary recall includes:

07-23-2018

Time	Food/beverage item	How prepared	Quantity
7:54AM	HEB quick oats brown sugar		1 cup 1 teaspoon
	Pearlmaster		
Lunch	Kroger yogurt vanilla fresh blueberries		6 ounces 2 ounces
4:04pm	garden salad lettuce mix grape small tomatoes avocado red onion Ken's vinegar & olive oil dressing		8 ounces 3 pc 2 ounces 1 ounce 2 tablespoons

Completed by: