38- macro

Subject ID: 38B 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
5:04am	2 Jimmy Dean sausage biscuits no cheese or egg		
	2 waffles (plain) (Eggo)		
	Ms. Butterworth syrup		1 Tbsp
	Black coffee		1 cup
	Orange juice (Minute Maid)		16 oz
10:20am	Chex Mix snack original		4oz
12:36 pm	Paul Newman Italian Dressing		1 Tsp
	tomato		1 small tomato
	sharp cheddar cheese		1 Tbsp
	lettuce (packaged mix)		3oz
	Chinese pepper steak	Prepared by HEB	7oz
	- rice		6oz
	- green bell pepper		(1/4 bell pepper)
	- onion		(1/4 onion)
7:12 pm	Garden salad lettuce		3oz
	tomato		1 small tomato
	sharp cheddar cheese (KRAFT)		1 Tbsp
	Lemon pepper chicken	Prepared by HEB	6oz
	1% white milk		7oz

Completed by: Jeremiah