38- macro

Subject ID: 38H Date: 09-25-2018

24 hr RECALL FORM - Study Visit

(1) 2 3 4 5 6 7 8 9

Date and time that dietary recall includes: 9-24-18

Time	Food/beverage item	How prepared	Quantity
7:30AM	cheerios		1cup
	blueberries		10 big ones
	whole milk		1cup
2:13pm	whataburger with cheese	@ whataburger	1
	coffee ~~with~~		32 ounces
	creamer sugarfree nestle French vanilla coffeemate		1/4 cup
7:25pm	4pieces spicy fried chicken took skin off	@ popeyes	
	crabbie's ber original		1 bottle

Completed by: ✓