

## 24 Hour Dietary Recall- Filled out Sample

TIME	FOODS BEVERAGES	METHOD OF PREPARATION BRAND NAME	AMOUNT
	<b>EXAMPLE</b>	<u>WRONG WAY</u>	
8 AM	Cereal		1 bowl
8 AM	Milk	On cereal	½ glass
8 AM	Juice		1 glass
	Peanut butter and jelly sandwich		1 sandwich
	Apple Juice		1 box
	Candy bar		1
	Hamburger		1
	Soda		1 bottle
	<b>EXAMPLE</b>	<u>RIGHT WAY</u>	
8 AM	Cereal	Cheerios	1 cup
8 AM	Milk, Whole	On cereal	½ cup
8 AM	Orange Juice	From concentrate	4 oz
12 PM	White Bread	Wonder	2 slices
12 PM	Peanut Butter	Jiff	2 Tbls
12 PM	Grape Jelly	Welch's	1 Tbls
12 PM	Apple Juice	Juice box	8.25 oz
3:30 PM	Candy Bar	Hersheys	1.45 oz
6 PM	Hamburger	McDonald's	1 regular
6 PM	Coke	McDonald's	12 oz

