

## 24 Hour Food Recall Reminder Foods

Many people often forget that they ate the list of foods below. After you determine all of the foods with the proper amounts consumed for the 24 hour period say:

**There are some foods that people tend to forget they ate.**

- Did you have any **crackers, breads, rolls, tortillas** you may have forgotten about?
- How about any **hot or cold cereals**?
- **Cheese added as topping on vegetables or on sandwich**?
- Did you have any **chips, candy, nuts, seeds**?
- **Fruit eaten with meals or as a snack**?
- What about **coffee, tea, soft drinks, or juices**?
- Any **beer, wine, cocktails, brandies, any other drinks made with liquor** that you may have forgotten?

Ask each line separately and give the participant enough time to think.

Record the food items as they are remembered.