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AFFIX LABEL

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CARDIA NUTRITION HISTORY

DIETARY PRACTICES

1. Which of these fats are used in the preparation of the following foods?

TIME STARTED:

	EGGS	GRAVIES SAUCES	MEAT	FISH	CHICKEN	FRIES POTATOTES	OTHER VEG.	COOKIES	BISCUITS	PAN-CAKES	CORN-BREAD	MUFFINS	CAKES	PIES	SPREAD ON BREAD
NO FAT USED															
MIX USED															
DOES NOT PREPARE															
BUTTER:															
47035 Salted (BUTR)															
47118 Unsalted (BUTU)															
MARGARINE: STICK/TUB:															
Brand ( )															
48281 Unkn, home (AUHE)															
48272 Unkn, comm (AVHE)															
48330 Unkn, unsalt (BUNG)															
LIQUID:															
Brand ( )															
DIET:															
Brand ( )															
48918 Unkn, home (HUBI)															
48991 Unkn, unsalt (KBBO)															
WHIPPED/TABLE SPREAD:															
Brand ( )															
48462 Unkn, home (CULE)															
48470 Unkn, comm (CVLE)															
48744 Unkn, unsalt (JCFG)															
BACON GREASE; SALT PORK:															
47109 Bacon (BACN)															
47068 Lard (LARD)															
SHORTENING, SOLID:															
Brand ( )															
46368 Unkn, home (RSHR)															
VEGETABLE OIL:															
Brand ( )															
41368 Unknown (SLDO)															
40303 Corn (CORN)															
40311 Cottonseed (COTN)															
40337 Safflower (SAFF)															
41301 Soybean (SOCO)															
40345 Sunflower (SUNF)															
41319 Sesame (SESM)															
42309 Olive (OLIV)															
42317 Peanut (PNUT)															