

## Food Intake Diary

Please record all food and drink consumed for 1 to 3 days. This is very helpful in assessing your dietary needs and to get the most out of your appointment. Do not alter your normal eating habits and be as specific as possible in describing food quantities, weights, measures as well as brand names. Attach more pages if necessary.

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Dessert

Exercise