

## **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

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Appointments

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