## My <u>Nutrition</u>

## **Food diary**

- Please record all food and drinks consumed over \_\_\_\_\_ days. This will help the dietitian to assess your nutritional intake.
- Be specific, where possible. Make sure you include:
  - o the amount eaten (e.g. 200g chicken breast)
  - o the brand of the product if known (e.g. Physical low fat milk)
  - o any spreads or sauces added (e.g. butter, margarine, soy sauce)
- Use the blank box to record symptoms, mood or other details as requested by your dietitian

Day	Meal	Food/ drink	
	Breakfast		
	Morning Tea		
	Lunch		
	Afternoon Tea		
	Dinner		
	Supper		
	Breakfast		
	Morning Tea		
	Lunch		
	Afternoon Tea		
	Dinner		
	Supper		

 This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.

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Day	Meal	Food/ drink	
	Breakfast		
	Morning Tea		
	Lunch		
	LUNCI		
	Afternoon		
	Теа		
	Dinner		
	Suppor		
	Supper		
	Breakfast		
	DIEdkidSL		
	Morning Tea		
	Lunch		
	A []		
	Afternoon Tea		
	Tea		
	Dinner		
	Supper		
	I		

