

3 Day Diet Diary

Write down everything you eat and drink. Include the amount of the food and list brand names of foods you bought. List exact ingredients of homemade foods and whether the food is packaged or takeaway. The purpose of this diary is not to judge your eating habits, but to learn more about your nutritional needs and strengths.

Day1	Day 2	Day 3
Breakfast	Breakfast	Breakfast
Morning snack	Morning snack	Morning snack
Lunch	Lunch	Lunch
Afternoon tea	Afternoon tea	Afternoon tea
Dinner	Dinner	Dinner

Coffee/tea per day _____

Water per day _____

Alcohol per day _____

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