



Three-Day Food Diary

Please complete this diary by including all meals, snacks and beverages for three days in total. An accurate account of all types of foods will help with a correct overall assessment.

Day 1

Breakfast.....

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Morning Tea.....

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Lunch.....

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Afternoon Tea.....

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Dinner.....

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Late Night Snacks.....

Total Water Consumption for the Day.....

Day 2

Breakfast.....

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Morning Tea.....

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Lunch.....

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Afternoon Tea.....

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Dinner.....

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Late Night Snacks.....

Total Water Consumption for the Day.....

Day 3

Breakfast.....

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Morning Tea.....

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Lunch.....

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Afternoon Tea.....

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Dinner.....

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Late Night Snacks.....

Total Water Consumption for the Day.....