NUTRITIONAL INTAKE CONSULTATION: 5-DAY FOOD DIARY

INSTRUCTIONS: Please keep track of everything you eat and drink in a 5 day period. **DO NOT CHANGE** your eating habits, we need to see your typical food intake throughout the week.

DAY	MEAL/TIME	FOOD/BEVERAGE	QTY
Day 1			
Day 2			
Day 2			
Day 3			
Day 4			
Day 5			