** Nutrition4Living Food Diary**

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| --- | --- | --- |
| **Day Event** | Food & Drink Intake( include type, amount and brand) | Macronutrients. This column filled in during consult. |
| **Rising Time** |  | Phytonutrients |
| **Breakfast**  **Time** |  | P\_\_\_ C\_\_\_ F\_\_\_  R O Y G B/P/BL W/T/B |
| **Snack**  **Time** |  | P\_\_\_ C\_\_\_ F\_\_\_  R O Y G B/P/BL W/ |
| **Lunch**  **Time** |  | P\_\_\_ C\_\_\_ F\_\_\_  R O Y G B/P/BL W/ |
| **Snack**  **Time** |  | P\_\_\_ C\_\_\_ F\_\_\_  R O Y G B/P/BL W/ |
| **Dinner**  **Time** |  | P\_\_\_ C\_\_\_ F\_\_\_  R O Y G B/P/BL W/ |
| **Snack**  **Time** |  | P\_\_\_ C\_\_\_ F\_\_\_  R O Y G B/P/BL W/ |
| **Bedtime** |  |  |
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| **Sleep & Relaxation** | **Excercise** | **Stress** |
| **Quantity(hrs)**  **Quality** | **Type, Duration & Intensity** | **Stress Reduction Practices** |

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