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| **CLIENT NO.** |  |
| **3-DAY FOOD, DRINK AND DIARY** |
| Please choose 3 fairly typical weekdays and a weekend (or day-off) and record your eating, sleeping and leisure patterns. Please give as much information as possible: home cooked or not, brand names, fresh, packaged, whole, refined, organic, skimmed etc and approximate quantities to help your Nutritional Therapist build an accurate picture of your diet and lifestyle. |
| **DAY 1** |
| **time** | **all food(s) eaten (*include snacks*) and drinks** *e.g. Water, Coffee, Tea, Herbal Juice, Fizzy, Alcohol etc* | **approx. quantity** | **other information***e.g. Brands, Sugar or Salt Added* |
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| **DAY 2** |
| **time** | **all food(s) eaten (*include snacks*) and drinks** *e.g. Water, Coffee, Tea, Herbal Juice, Fizzy, Alcohol etc* | **approx. quantity** | **other information***e.g. Brands, Sugar or Salt Added* |
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| **CLIENT NO.** |  |
| **DAY 3** |
| **time** | **all food(s) eaten (*include snacks*) and drinks** *e.g. Water, Coffee, Tea, Herbal Juice, Fizzy, Alcohol etc* | **approx. quantity** | **other information***e.g. Brands, Sugar or Salt Added* |
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| **GUIDE TO ALCOHOL UNITS** | **GUIDE TO PORTION SIZES - PLEASE STATE AMOUNT BY:** |
| 1 pint strong lager | 3 units | Cups | Mugs |
| 1 pint lager, bitter, cider, 175ml of wine | 2 units | Tablespoons (tbsp) | Teaspoons (tsp) | Dessertspoons |
| 1 alcopop | 1.5 units | A handful. |
| 1 measure spirits | 1 unit | Space on a dinner plate (e.g. 1/2, 1/4, 3/4, 1/3) |
| 125 ml wine | 1.5 units | Approximate weight. |