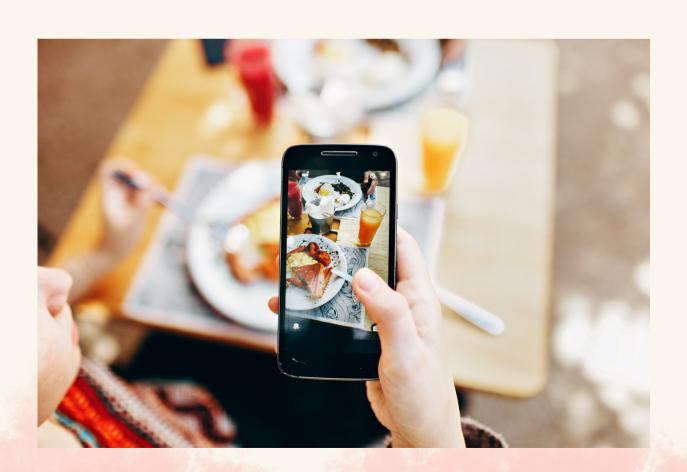
NUTRIENT ANALYSIS REPORT

STEPS:

- 1. CHOOSE A TYPICAL DAY. PLEASE TAKE PICTURES OF YOUR MEALS, DRINKS AND SNACKS THROUGHOUT A FULL DAY.
- 2.ALSO RECORD THE DETAILS USING THE TEMPLATE BELOW.
- 3. EMAIL IT TO ELAINE DIETITIAN.



1-DAY FOOD JOURNAL

	DATE: / /
MEAL&TIMING	PORTION
BREAKFAST (FIRST MEAL) TIME:	
SNACKS	
LUNCH (SECOND MEAL) TIME:	
SNACKS	
DINNER (THIRD MEAL) TIME:	
NOTES	