

## Nutrition and Eating Pattern History

Write what you have to eat and drink over 4 days. Preferably include the weekend and two weekdays.

Are you hungry, full or overfull before eating?

Any uncomfortable symptoms after eating?

	TIME	WHAT DID YOU EAT AND DRINK?	HUNGRY FULL OVERFULL?	ANY SYMPTOMS?
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BREAKFAST				
MORNING TEA				
LUNCH				
AFTERNOON TEA				
EVENING MEAL				
SUPPER				

Water (glasses per day)...

Tea (cups/day) ...

Coffee (cups per day)....