



MY DIETTTIAN / DO(TOR HAS ADVISED ME TO FOLLOW A:

DIET

MY DIETTTIAN / DO(TOR HAS ADVISED ME TO HAVE:

ML FLUID EA(H DAY

MY FAVOURITE FOODS ARE:

THE FOODS I SHOULD LIMIT IN MY DIET ARE:



			M		uoNd/	<b>AY</b>
Time	e of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Bre	akfast					
L	unch					
	Aid- ernoon					
	ening neal					
Ev.	ening ime					

Τı	ESDAY				2
		How much			
Time of day	What I had to eat	did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					
Mid- afternoon					
Evening meal					
Evening time					

WED	NES	day

UNSIL TEB POPTORN	1		Wi	ednes	day
Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					
Mid- afternoon					
Evening meal					
Evening time					

# THURSDAY

Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					)
Mid- afternoon					
Evening meal					
Evening time					

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Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					
Mid- afternoon					
Evening meal					
Evening time					

### SATURDAY

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Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much cid I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					
Mid- afternoon					
Evening meal					
Evening time					

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Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?	
Breakfast						
Lunch						•
Mid- afternoon						
Evening meal						
Evening time						

### MoNday

Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?	
Breakfast						
Lunch						
Mid- afternoon						
Evening meal						
Evening time						

# TUESDAY

Time of da	What I y had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfas	F				
Lunch					
Mid- afternoor	1				
Evening meal					
Evening time					

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# WEDNESDAY

			an Bert		
Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					
Mid- afternoon					
Evening meal					
Evening time					

# THURSDAY

Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					
Mid- afternoon					
Evening meal					
Evening time					

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FI	RIDAY				
of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
kfast					
nch					
id- noon					
ning eal					
ning ne					
	nch id- noon ning eal	nch id- noon ning eal	kfast med / biscuit kfast id- noon ining eal	kfast   nch   id-noon   ning	kfast     med / biscuit     e.g. 100mi, 200mi       kfast

## SATURDAY

Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?
Breakfast					
Lunch					
Mid- afternoon					
Evening meal					
Evening time					

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SV	'Nday			Pi		
Time of day	What I had to eat	How much did I manage e.g. ¼, ½, all of meal / biscuit	What I had to drink	How much did I manage? e.g. 100ml, 200ml	Do I need to make any changes?	
Breakfast						
Lunch						
Mid- afternoon						6
Evening meal						
Evening time						

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Your Dietitian or Doctor will advise you about your diet and it is important that you follow their advice.



#### FOR MORE INFORMATION VISIT













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