



# MY WEEKLY FOOD DIARY

**mm**  
myrenalnutrition.com

**Vitaflo™**

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THIS DIARY BELONGS TO:

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MY DIETITIAN / DOCTOR HAS ADVISED ME TO FOLLOW A:

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DIET

MY DIETITIAN / DOCTOR HAS ADVISED ME TO HAVE:

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ML FLUID EACH DAY

MY FAVOURITE FOODS ARE:

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THE FOODS I SHOULD LIMIT IN MY DIET ARE:

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# MONDAY

Time of day	What I had to eat	How much did I manage e.g. $\frac{1}{4}$ , $\frac{1}{2}$ , 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 day	What I had to eat	How much did I manage e.g. 1/4, 1/2, 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					

# WEDNESDAY



Time of day	What I had to eat	How much did I manage e.g. 1/4, 1/2, 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. 1/4, 1/2, 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					



# FRIDAY

Time of day	What I had to eat	How much did I manage e.g. 1/4, 1/2, 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



Time of day	What I had to eat	How much did I manage e.g. 1/4, 1/2, 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					





# SUNDAY

Time of day	What I had to eat	How much did I manage e.g. $\frac{1}{4}$ , $\frac{1}{2}$ , 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 day	What I had to eat	How much did I manage e.g. $\frac{1}{4}$ , $\frac{1}{2}$ , 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					

# WEDNESDAY



Time of day	What I had to eat	How much did I manage e.g. 1/4, 1/2, 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. $\frac{1}{4}$ , $\frac{1}{2}$ , 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					

FRIDAY



Time of day	What I had to eat	How much did I manage e.g. 1/4, 1/2, 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

Time of day	What I had to eat	How much did I manage e.g. $\frac{1}{4}$ , $\frac{1}{2}$ , 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					

# SUNDAY



Time of day	What I had to eat	How much did I manage e.g. 1/4, 1/2, 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					



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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