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| **FOOD DIARY** | | |
| **Date:** |  |  |
| **Name:** |  |  |
| **Food or Beverage** | **Amount and Kind** | **Additional Comments** |
| **Breakfast:** |  |  |
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| **Snack:** |  |  |
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| **Lunch:** |  |  |
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| **Snack:** |  |  |
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| **Dinner:** |  |  |
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| **Snack:** |  |  |
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