NutriLaço.

My food diary

A record to discuss your daily routine with your nutrition professional.

Record what you agreed to share with your professional. There is no score or judgement.
Fill in this PDF or print it. This file does not send information to NutriLaço.

Date: Optional identifier:

Time	What I ate or drank	Context / notes

What would you like to discuss at your next appointment?

You do not need to weigh food or count calories for this form unless individually advised.
This form does not replace professional assessment and is not an emergency contact channel.
Keep the file private and share it only with people involved in your care.