



Your physician has recommended for you to see a registered dietitian to help improve your health. Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public health level. They work with both healthy and sick people. Dietitians use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.

**Instructions for your nutrition visit:**

Write a 3-day food diary. It should include all food, drink, and supplements. Remember to write the amount consumed and time of day. This will help to gain insight into your diet and lifestyle.

I look forward to improving your health with you,

Katelin Limon, RD

Nutrition Appointment: \_\_\_\_\_

Day 1	Day 2	Day 3
Breakfast, time: _____	Breakfast, time: _____	Breakfast, time: _____
Lunch, time: _____	Lunch, time: _____	Lunch, time: _____
Dinner, time: _____	Dinner, time: _____	Dinner, time: _____
Snack, time: _____	Snack, time: _____	Snack, time: _____
Beverage	Beverage	Beverage