TOP Smart Nutrition

www.topsmartnutrition.com

Food Record

Please record immediately after you or your child eats/drinks; be sure to include all liquids/beverages. Remember to write amounts: cup, jar, slice, oz, etc, and avoid using “bowl”, “a bit”, “piece”, etc. Please make sure you read *Guides for completing an accurate Food Record* before you start.

Time	Location	What consumed and how much	Comments/Thoughts/ Feelings/Questions

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196 Ramapo Rd,
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