

Name: _____



Today we will discuss your normal diet habits and your health.
Please fill out this form in as much detail as possible.

On a normal day, what do you eat?

Meal	Food (including toppings and sides)	Amount
Breakfast		
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Dessert		

Do you have any nutrition goals you would like to talk about today?

Nombre: _____



Hoy hablaremos de tu dieta normal y tu salud.
Por favor complete este formulario con el mayor detalle posible.

En un día normal, que es lo que tu comes?

Comida	Alimento (y Adiciones)	Cantidad
Desayuno		
Bocadilla		
Almuerzo		
Bocadilla		
Cena		
Postre		

¿Tiene algún objetivo nutricional?