**3 Day Food Record**

Please record all food and fluid intake for 3 days and bring to your appointment or email to [admin@murdochspecialistphysicians.comau](mailto:admin@murdochspecialistphysicians.comau) . Include brands of foods and quantities eaten, and the time the food was eaten. For composite meals (e.g. casserole, stir-fry), list the ingredients. Use household measures for serve size (e.g. cups, teaspoons, pieces, 1 biscuit/1 slice etc). The more detailed you can be the better.

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