Diet Recall

Before your visit with the dietitian, write down everything you eat and drink for three days. Choose two weekdays and one weekend day.

Date/Time	**Food or Drink**	**Amount**	**Place**
	Be specific. Include cooking method and any additional condiments and spices	12 oz., 1 slice, 1 cup, etc.	Where did you eat?

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The Road to A Healthier Liver