



Food Diary

When	Who with	What Food/fluid	Where	Eating Speed	Before eating	Hunger/ fullness	After eating	Hunger/ fullness
					Thoughts/feelings		Thoughts/feelings	
Monday 1 May	Kate & Jennifer	Prawn Pasta	Monte's	F	Anxious	2	Very full but ok	8

Eating speed Slow (S), Moderate (M), Fast (F) Hunger/ Fullness: Famished (0), Hungry (2) Neutral (5), Satisfied (7), Stuffed (10)



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