



## DIET SHEET

Regular dietary habit is important to your health. Doctor and Nurse would be provided valuable advice to you. Please write down your dining schedule continuously, one of the three-day schedules should include a Saturday or Sunday, don't forget write down dining time and quantity clearly, for example:

Date: 9 (DD) 12 (MM) Sunday

Dining time	Name of Food and Quantity
8:00am	Bread with butter <b>One piece</b> Egg <b>One piece</b> Milk <b>One bottle</b>
11:00am	Chocolate <b>Two pieces</b>
12:00pm	Juice <b>One cup</b> Beef noodles <b>One Bowl</b>
3:00pm	Cheese cake <b>One piece</b> Hotlick <b>One cup</b>
4:00pm	Potato chips <b>One pack</b> Sweet <b>Two pieces</b>
7:00pm	Rice <b>One bowl</b> Soup <b>One bowl</b> Corn \ meatball \ vegetable <b>One bowl (Total)</b> Orange <b>One piece</b>
8:00pm	Sweet <b>Five pieces</b> Dessert <b>One piece</b>

