Student Information Handout
Lesson 6
Energy Metabolism
348-276, April 1983

FOOD DIARY (DAY 1)

Time	Minutes Spent Eating	M/S	H	Food Type and Quantity	
				Planned	Actually Eaten

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no. 348-276
VPI
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FOOD DIARY (DAY 2)

Time	Minutes Spent Eating	M/S	H	Food Type and Quantity	
				Planned	Actually Eaten

FOOD DIARY (DAY 3)

Time	Minutes Spent Eating	M/S	H	Food Type and Quantity	
				Planned	Actually Eaten

FOOD DIARY (DAY 4)

Time	Minutes Spent Eating	M/S	H	Food Type and Quantity	
				Planned	Actually Eaten

FOOD DIARY (DAY 5)

Time	Minutes Spent Eating	M/S	H	Food Type and Quantity	
				Planned	Actually Eaten

FOOD DIARY (DAY 6)

Time	Minutes Spent Eating	M/S	H	Food Type and Quantity	
				Planned	Actually Eaten

FOOD DIARY (DAY 7)

Time	Minutes Spent Eating	M/S	H	Food Type and Quantity	
				Planned	Actually Eaten