**JURNAL ALIMENTAR**

**Nume** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Prenume**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Ora** | **Ce am mâncat?**  **(alimente băuturi, cantitate)** | **Context**  **(unde, cu cine?)** | **Observaţii (senzatie de foame, stress sau alte trairi emoţionale)** |
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