



# Children's Hospital Boston

A teaching affiliate of Harvard Medical School

Optimal Weight for Life Program  
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[www.childrenshospital.org/owl](http://www.childrenshospital.org/owl)

## Food and Beverage Diary

Name: \_\_\_\_\_

CHB Medical Record No.: \_\_\_\_\_

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Please complete the attached food and beverage diary for two full days. It should be given to the dietician during your visit.

*Special thanks to the Clinical Nutrition Service for use of this document.*