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| **Name:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |  |  |
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|  |  | **Mein Ess- und Trinktagebuch** | |  |
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| Datum/Uhrzeit | Menge | Nahrungsmittel/Getränk | Trinkmenge | Hungergefühl vor dem Essen\* |
|  |  | **Beispiel**: |  |  |
| 14.7. 6.30Uhr | 2 | kleine Scheiben Bauernbrot |  | 2 |
|  | 2 TL | Butter |  |  |
|  | 1 Scheibe | gekochter Schinken |  |  |
|  | 2 TL | Marmelade |  |  |
|  |  | Kaffee mit Milch, 3,5% | 0,4l |  |
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| \*Bewertung von 1 - 5: 1: starker Hunger, Magenknurren | | |  |  |
|  | 3: kein Hunger | |  |  |
|  | 5: papp-satt, Völlegefühl | |  |  |
| Datum/Uhrzeit | Menge | Nahrungsmittel/Getränk | Trinkmenge | Hungergefühl vor dem Essen |
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