Eetpatroon

| **Eetmoment** | **Tijd** | **Wat en hoeveel** | **Drank** | **Beweging** | **Supplementen/ medicatie** | **Klachten** | **Stoelgang\*** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Ontbijt** |  |  |  |  |  |  |  |
| **Tussendoor** |  |  |  |  |  |  |  |
| **Tussendoor** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Tussendoor** |  |  |  |  |  |  |  |
| **Tussendoor** |  |  |  |  |  |  |  |
| **Avondeten** |  |  |  |  |  |  |  |
| **Tussendoor** |  |  |  |  |  |  |  |

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