



6 = h / , \* 21 ' 9 , 6 ( / , 1 < , / \$ 7 . 2 = \$ 7

', e 7 È 6 6 = 2 / \* È / 7 \$ 7 È 6 5 Ì / e 6 \$ 6 = 2 / \* È

+ 2 = 6 = h . 6 e \* ( 6 \$ '\$ 7 . ( = ( / e 6 5 /

.LDGiV GiWX 2022.05.23.	9HUJLyVjIP 6.	\$JRQRvtWy MU-8.5-2-1M	2OGDOVjIP 1/2.
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\$OXOtURWW

6]•O JRQGY:LVHO Q	
eUWHVtWpVL FtP	
eUWHVtWpVL WHOHl	

IHOHO VVpJHP WHOMHV WXGDWIEDQ QlLODWNRJRP KRJ\ J\HUPHNHP

1pY	
6]•OHWPVL KHO\ pV	
/DNFtP	
/iWRJDWRWW LQWpJl	
/iWRJDWRWW LQWpJl	

DJ DOVSEFLiOLV WiSOiONRjivLP HOpQENHDCUWQFCHQ WWHYLUND MHOHqQNIROUDWRNRBJDJDPRORJWP H

'LpWD PHJQszakóMosiVga- JRQDN PHJIHOHO HG	
VAGY	
9DOOI/NLURDNYDOy KLY SO VHUWpV Kaktó vb-H JHwiULiQXV pWUHQQ	

7XGRPiVRP YDQ UyOD KRJ\ J\HUPHNHP VJDNRUYRVL LJD]ROiViQ UHDNFLyW LV NLYiOWKDW	F igen / F nem
+D LJHQ D YiodVj NpUM•N DGMD PHJ D] DQDILOl	

\$GDWNH]HOpVL-HOHOHOMNRJDWRQGYLVHO L QlLODWNRJDW DOitUiViYDO NLIHMH]HWWHQ pV  
DKKR] KRJ\ VDMiW pV J\HUPHNHP JRQGR]RWWDp IHQW PHD OEWVWHV]HWPpV DHG IDGDWVYLW  
Nl]WNH]WHWpVL V]ROJiOWDwiV Ql~MWiD FpOMiEyo NH]HOMH 7XGRPiVXRNYK RHJ JKIRU\  
PHNHP JRQGR]RWWDp HJpV]VpJ•JL LOOHYH YDOOivDGWADNLQDNP HUHHWQpK RKB JVD-UWB j+  
KRJ WDDUVERy MHO]OW JD] GDQJLWUMMD VJMRJRW KRJ\ D GLpWiV Nl]pWNH]WHWpVL V]ROJ

6]•O JRQGY WJQW	Kijelentem, hogy a fenti adatoD YDOyViJQDN PHUHVHoiQIHWPNH DW HV Ql~MWiVD FpOMiEyo W]UWpQ DGDWNH]HOpVKH] D KRJ]	F igen / F nem
Hely:	'iWXP	6]•O L JRQGYLV

AfHQW PHGMHOPQW WHOMHVtWpRSPRUW DXDODVLDN V]HULQW YioODOMD

GLHWHL WDO GILQX WLSXXV 'LHWHWL kil	ViOOOpWpD Wts	
\$ WDO 'LHWHWL kil	1HP YiOpWV	

A GLpWiVHOpVioiVEDQ D Nl]pWNH]WHWpWUJH pYRQDWHORiyiWR \$iOQONRDiOlYHQGHOW HO tUi  
WHNLQWM•N \$ U XCDDEyQDFV RSRUW Nl]pWNH]WHWpVL WHYpNHQ\ VpatHWH WpJL NDXIG OMOOLDVML  
D (8 UHQGHOW ,, PHOOpNOHWpEGLP LQOFLYVRiQWPHOHCHBOLP W EDUJNHKHORp D QINDJQ Gy  
]VV]HWHY VHP V]iQGpn V]HULQW VHP NUHV]VW]HQQ\H] GpV iOWV ONQihpOEMHW HUHCHQ

*D]GDViJL WiUV		*D]GDViJL WiUVDViJ	
Dietetikus neve:		Dietetikus ePDLO F	
Hely:		'iWXP	
'LpWiV V]ROJiOWDwiV		'LHWHWLNxV	

AfHQWLHN pUWBGLPWHQ V]ROJiOWDwiVEDQ UpV HogaDmHgaDiWRJDW W JFORSR UW OBY WCHLOWIR  
JD]GDViJL NliUyVgDek szerintyioGDpWdwxGXVvEL]WRRvtWDQL

6]•O WJOV	Kijelentem, hogy a DJGDViJL WiUVDViYiGCHDPMELjgSDV WDO	F igen / F nem
Hely:	'iWXP	6]•O L JRQGYLV

OHOOpsNDNHRUYRVL LJD]ROiV



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.LDGiV GiWX  
2022.05.23.

9HU]LyV]iP  
6.

\$]RQRVtWy  
MU-8.5-2-1M

2OGDOV]iP  
2/2.

\$' \$ 7 . ( = ( / e 6 , 7 È - e . 2 = 7 \$ 7 Ì

\$ IHQWL Q\LODWNr]DWEDQ PHJDGRWW J\HUPHNH JRQGR]RWWMD HJpV]VpJ  
V]HPPo\HVWDFGDPV]D]LHV HV V]HPPo\HNQHN D V]HPPo\HV DGDWRN NH]HOpVH W  
V]DEDG iUDPOiViUyO YDODPLQWR D NtY•Q. KLHOQH HO / UKOWiiO WDOIQRV DGD

(8 UHQGHOW D WRYiEELDNEdQ Ä\*'35' pUWHOPPEHQ D V]HPPo\HV  
QDN 'LpWiV N]j]pWNH]WHWpVLQV]RQJFVRSRUWKR]RQNM EYOV]j] INLQW yFDJMBRQ  
az alapon H]HOKHWL H]HNHW D V]HPPo\HV DGDWRNDW KRJ]DNKUREGtekweteEWDGJM O  
D +XQJDVW FVRSRUWKR] WDUWR]y FVQW DNHNRIHOM]RJR V]DGDVPIHJLNW]G]HQLiD  
DGDWNH]H]E]HMHOKOLgD Q\LODWNr]DW DODWW WDOIOKDWy Ä,JHQ' YiODV]W  
UXOiv PHJDGiVD HVHWpQ D V]HPPo\H+XQGDWRNDWRSRUWKR]G]LDUWR]j]VIXOW  
kezelni, ameddig a R]j]iMiUXOiviW gQ YLVV]D QHP YRQMD YDJ\ D GLpWiV N]j]pWNH]W  
QHP PRQGMd +R]j]iMiUXOiviW EiUPLNRU MRJRVXOW YLVV]DYRQQL D] DOiEEL

▪ SRVWDL ~WRQ Q+KQD]WNR]DWRQ]UNVD %KGD]SHVW t\$H]KtPUHUM]UWpQ PHJ  
GpVpYHO

▪ e-PDLOHQ NHUHV]W•O Q\LODWNr]DWPIQDND F]PULIQRW]H]V]XQ#KPHQND]V]pK]YH  
7iMpNR]WDWMXN KRJ\ EiUPLo\HQ DGDWYpGHOHPPHO NDSFQR]ODWR]R]VEPHJWN M  
koztatjuk, hogy a+XQJDVW FVRSRUWKR] WDUWR]y DGDWYpGHOHPPHO NDSFQR]ODWR]R]VEPHJWN M  
egyeznèla IHQWL HOpUKHW VpJHNNHO

\$] gQ HOpUKHW VpJpW QD]DFSV]D]JKR]j]PMIUXORQDGR]R]W]W]V]D]G]H]M]H]ungastMiEyo L  
FVRSRUWKR] WDUWR]y IHQW D]H]UMH]OK]R]W]H]D]p]D]W]j]L]V]L]i]U]p]D]K]H]O]H]WEHQ WiM  
IRUPiFLyW WXGMRQ NpUQL gQW O

)HOKtYMXN ILJ\H]Q]p]D]W]K]F]J]R]S]R]Q]W]K]R]H]J]M]B]I]O]V]R]V]y]J]B]K]G]D]B]i]n]a]z]e]s]t]e]h]t]u]d]j]a]J]m]e]g-  
UHQGHOW GLpWiV N]j]pWNH]WHWpVL V]ROJiOWDWiV V]HUJ GpVV]HU&HQ Q\~  
WDUWR]y IHQWL DGDWRNDW D] gQ KOR]j]i]M]i]U]X]O]i]V]i]W]M]H]O]B]I]O]V]S]M]i]K]R]M]R]D]P]H]Q]G]H]E]H]Q]H]P  
KR]j]i]M]i]U]X]O]i]V]i]W]Q]H]P]D]G]M]D]P]H]J]Y]D]J]\D]H]V]R]O]D]W]i]V]D]Q]P]i]W]H]Q]H]O]M]W]W]H]U]n]g]a]s]t]j]D]Q]R]Q]M  
FVRSRUWKR] WDUWR]y IHQW D]M]j]M]H]U]J]O]G]O]V]p]W]D]H]O]N]H]V]i]N]V]i]H]A]D]D]i]G]D]W]R]N]K]L]i]Q]i]U]D  
V]ROJiOWD Wégyad]i]O]l]e]v]e]Y]e]l]m]o]n]d]a]D] GLpWiV V]ROJiOWDWiV

gQ MRJRVXOW DUUD KRJ\ WiMpNR]WDWiV NpUMHQ D] DGDWNH]H]E]p]V]U]O]V  
O\HVEtWpVpW D]RN W]UOpVpW LOOHWAG]P]R]S]U]O]i]V]R]N]H]W]W]N]p]U]M]D]H]O]P]S]j]M]R]J]D]p]L]U]W  
MRJDL pUYpQ\HVtWpVpYHO NDSFVRODWRV LJpQ\HLW D IHQWL HOpUKHW VpJ  
\$PHQQ\LEH]Q]D]D]j]g]Q]H]U]P]H]N]H]JRQGR]RWWMD DGDWYpGHOPL MRJDL VpU•OQH  
GHOPL pV ,QIRUPiFLyV]DEDGViJ +DWyViJQio PHOO\HO D] DOiEEL HOpUKHW  
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gQ MRJVpUHOHP HVHWpQ WRYiEEi MRJRVXOW D] l]e]K]O]g]d]W]Q]z]O]t]j]a]t]e]n]t]E]j]o]b]b]i]t]V]i]J]H]O]W]W  
A Hungast csoporthp WDUWR]y IHQW PHJMHiO]O]W]O]J]D]j]p]O]W]E]H]L]Y]W]W]W]D]D]G]D]W]I]H]O]G]R]O]J]R]j]y  
WiMpNR]WDW]y]P]W]O]U]H]W]D]O]P]L]D]j]D]p]s]//]w]w]w]h]u]n]g]a]s]t]h]o]a]d]at]v]e]d]e]l]e]m]h]t]f]i]t]P]H]Q