



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 WHOHI	

IHOHO VVpJHP WHOMHV WXGDWIEDQ Q\LODWNrJRP KRJ\ J\HUPHNHP

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

D] DOVSEFLiOLV WiSOiONRjiVLP HOp QENHDCU WQFGHQ WWHY LUND MHOHQ] QNIRODYRNB JDJDRR GRMWP H

'LpWD PHJQszakotmsiVga- JRQDN PHJIHOHO HG	
VAGY	
9DOOIRNLURDNYDOy KLY SO VHUWpV Kaktó vb-H JHWiULiQXV pWUHQG	

7XGRPiVRP YDQ UyOD KRJ\ J\HUPHNHP V]DNRUYRVL LJD]ROiViQ UHDNfLyW LV NLYiOWKDW	F igen / F nem
+D LJHQ D YiODV] NpUM•N DGMD PHJ D] DQDILOI	

\$GDWNH]HOpVL-HOOHOQVNCR JD WRQGYLVHO L Q\LODWNrJDW DoitUiViYDO NLIHMH]HWWHQ pV
DKKR] KRJ\ VDMiW pV J\HUPHNHP JRQGR]RWWDp IHQW PHDQ CERWWMH V]HOPV Q DHG IDGDWVY LUV
N]pWNH]WHWpVL V]ROJiOWDWiV Q\~MwiD FpOMiEyo NH]HOMH 7XGRPiVXORVHKRHP JKIRU\
PHNHP JRQGR]RWWDp HJpV]VpJ•J\L LOOHYH YDOOiVDGDWNLiQDNPHUHHWQPKRKB]W D-UWR]J+
KR] WDUVERE]MHO]OW JD]GDQQLDWMUMD V]JMRJRW KRJ\ D GLpWiV N]pWNH]WHWpVL V]ROJ

6]•O JRQGY W]QW	Kijelentem, hogy a fenti adatoD YDOyViJQDN PHJHVOiVQ]H]NpM DW HV Q\~MwiD FpOMiEyo W]UWpQ DGDWNH]HOpVKH] D KRJ]	F igen / F nem
Hely:	'iWXf	6]•O L JRQGYLV

AfHQW PHGMHOpQW WHOMHVtWpRSPRUW DXDQDVEWLDN V]HULQW YiOODOMD

GLHWH WDO WLSXV 'LHWHWL kil	ViOOQOpWD Wts	
\$	1HP YiOQpWV	

A GLpWiVHOpViOVEDQ D N]pWNH]WHWpWUJN pYRQDWHORiy iWR \$10300N R DiYOHQGHOHW HO tUi
WHNLQWM•N \$ W XCDQDQVQ DFV RSRUW N]pWNH]WHWpVL WHYpNHQ\ V patHWH WpUM LNDIG D MOQD QML
D (8 UHQGHOW ,, PHOOpNOHWpEOLP LQOFVYVRQ]WHBOHQHBOVW EDUWH]KHOR]E D QINQD]G Gy
]VV]HWHY VHP V]iQGpN V]HULQW VHP NHUHV]VW]HQQ\H] GpV iOWV ONQ]H]p]E]MKLW] HUHEHQDQ

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

AfHQWLHN pUW BGLpWHQ V]ROJiOWDWiVEDQ UpV H]gacOm H]gacO iWRJW W]F ORMSR UW Q B] WACHOW IR
JD]GDViJL N]iU]V]p]Dek szerinty iOQDpWDMX SXK V]EL]WRVtWDQL

6]•O W]QW	Kijelentem, hogy aD]GDViJL WiUVDViY iOQDpWDMX SXK V]EL]WRVtWDQL	F igen / F nem
Hely:	'iWXf	6]•O L JRQGYLV

OHOOpsNDNRUYRVL LJD]ROiV



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

.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. KLHOCHHO/Y UKOWiiO WDOIQRV DGD

(8 UHQGHOW D WRYiEELDNEdQ Ä*'35' pUWHOPPEHQ D V]HPPo\HV
QDN 'LpWiV N]j]pWNH]WHWpVLQV]RQJFVRSRUWKR]RQNM EYOV]jy INLQW yFDJMBPRQ
az alapon H]HOKHWL H]HNHW D V]HPPo\HV DGDWRNDW KRJ]DNKUREGtekwereEWD GJM O
D +XQJDVW FVRSRUWKR] WDUWR]y FVQW DNHNRIHOM]RJR V]DGDVPIHJLNW]G V]DVLiD
DGDWNH]H]E]HMHOK]DLgD Q\LODWNr]DW DODWW WDOIOKDWy Ä,JHQ' YiODV]W
UXOiV PHJDGiVD HVHWpQ D V]HPPo\H+XQGDWRNDWRVSRUWKR]G VLDUWR]jy 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]DWPIQD]D]F]PULIQRW]H]V]XQ#KPHQND]OV]pK]X]YH
7iMpNR]WDWMXN KRJ\ EiUPLo\HQ DGDWYpGHOHPPHO NDSFQR]ODWR]R]VEPHJWN M
koztatjuk, hogy a+XQJDVW FVRSRUWKR] WDUWR]y DGDWYpGHOHPPHO V]DGDVPIHJLNW]G V]DVLiD
egyeznela IHQWL HOpUKHW VpJHNNHO

\$] gQ HOpUKHW VpJpW QD]DFSV]D]H]K]R]j]P]M]U]X]O]R]Q]D]R]j]R]W]W]M]p]D]G]H]M]H]U]ngastMiEyo L
FVRSRUWKR] WDUWR]y IHQW D]H]U]M]H]O]K]R]J]H]D]P]G]D]W]j]L]J]V]L]i]U]p]D]K]H]O]H]W]E]H]Q]W]i]M
IRUPiFLyW WXGMRQ NpUQL gQW O

)HOKtYMXN ILJ\H]K]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]R]i]Z]E]S]E]H]M]U]D]j]a]J]e]g-
UHQGHOW GLpWiV N]j]pWNH]WHWpVL V]ROJiOWDWiV V]HU] GpVV]HU&HQ Q\~
WDUWR]y IHQWL DGDWRNDW D] gQ KOR]j]i]M]U]X]O]M]H]D]B]I]O]V]S]M]i]Q]R]M]R]D]P]H]Q]G]H]E]H]Q]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]Q]R]E]W]i]O]V]i]W]H]Q]H]O]M]W]W]H]U]ngast]F]D]Q]R]Q]M]
FVRSRUWKR] WDUWR]y IHQW D]M]J]M]U]H]O]G]O]V]P]D]H]G]E]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 Négyadai Cillelve FelmondarD 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]F]L]R]N]H]W]W]N]P]U]M]D]H]O]P]S]J]M]R]J]D]L]U]W]
MRJDL pUYpQ\HVtWpVpYHO NDSFVRODWRV LJpQ\HLW D IHQWL HOpUKHW VpJ
\$PHQQ\LEH]Q]D]D]j]g]C]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] E]K]O]G]D]W]Q]Z]O]T]j]a]T]e]n]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]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]H]U]ngast]h]o]a]d]at]ve]de]lem]h]t]f]i]t]P]H]Q