

Three Day Food Diary

Instructions:

A complete and accurate food record is essential in assessing your child's eating habits:

- 1) Record food eaten immediately after intake to ensure maximum accuracy and completeness.
- 2) Provide portion sizes of meat and fish (edible portions) as accurately as possible. Give volume of baby food jar and amount consumed. Most other items should be reported in measuring spoon or measuring cup units.

For mixed dishes prepared at home, record approximate amounts of main ingredients:

Example:

Peanut Butter & Jelly Sandwich
Bread – 1 slice
Peanut butter – 2 Tablespoons
Jelly – 1 Tablespoon

Checklist:

- 1) Have you included the amount and kind of:
 - spread on bread, toast, rolls, baked potato
 - sugar, milk, or cream used in cereal or drinks
 - fats used in cooking, frying, salad dressings
 - soft drinks, juices, water
- 2) If using formula, please include the brand and the ratio used.
- 3) Include breast feedings and length of time spent on each breast.
- 4) If using baby foods, please include the level (stage 2 meats, etc.) and the amount.

