

# Food Diary

Name \_\_\_\_\_

Day	Day	Day
Breakfast	Breakfast	Breakfast
Between Meals	Between Meals	Between Meals
Lunch	Lunch	Lunch
Between Meals	Between Meals	Between Meals
Dinner	Dinner	Dinner
After Dinner	After Dinner	After Dinner

In order to help us provide the best care to you, please do the following:

- 1) Record all foods and drinks that your child has during a 24 hour period.
- 2) Record the amounts of food or drink that are consumed. You can use measuring cups or common items to describe the size.  
Example: 1 apple, 1/2 cup Cheerios, chicken breast the size of a computer mouse
- 3) Record as many details as possible about the food and how it was prepared.  
Example: 8 ounces of whole milk, 1 fried chicken thigh, 1/4 cup mashed potatoes with gravy