

Name: Date of Birth:

3 Day Food Log

In order to provide an accurate diet record it is important to follow these guidelines:

Specify the type of food whenever possible (brand names, % milk, etc.)

Pizza --> 1 slice, medium Pizza Hut, cheese pizza; crackers ---> graham crackers

Include the amount of food given/eaten in measurable quantities (cup, fluid ounce, tablespoon, 1 slice, etc.)

5 Bites ---> 2 tsp; Handful ---> 1/2 cup

Describe how the food was prepared (grilled, fried, scrambled, 1 tsp oil added, etc.)

 $Chocolate\ milk\ ---> whole\ milk\ w/\ 2\ TBS\ chocolate\ sryup;\ Sandwich\ ---> 1\ slice\ bread\ w/\ 1\ TBS\ peanut\ butter$

Try your best to record each meal/snack after it is eaten, it is much more accurate this way

Send food record 2 weeks prior to appointment to the appropriate address

After completion of your child's food record, a nutrient analysis will be completed by a dietitian ****SEE SAMPLE BELOW****

Type of food (Include preperation - fried, baked, oil added, pureed etc.)	Brand Name (If applicable)	How much offered (Please use measurements - 1 cup, 1 tsp, 2 oz package, etc.)	How much eaten (Record measurable volumes: %, TBS, items, mL, etc.)	Place H = Home A = Away S = School T = Therapy	Comments				
		Day	y 1						
100% Wheat toast w/ 1tsp margarine	Pepperidge Farm w/ Smart Balance	1 slice	3/4 slice	Н	Happy, ate normal amount				
Peanut Butter	Skippy - natural	1 tbs	1 tsp						
Banana		1/2 med. size	25%						
Chocolate milk, ready-to-drink, low fat	Nesquick	4 fl oz	2 fl oz		Typically consumes 4oz				
Yogurt, strawberry	Yoplait, original	6 oz	2 TBS	Α	Distracted, below normal amount				
Chewy Chocolate chip granola bar	Quaker	1 bar	10%		Gagged, then refused				
Apple juice	Minute Maid	200 mL	45 mL		Drinks from straw				
Crackers, cheddar	Goldfish	1/4 cup	5 fish		Preferred food				
Mac and cheese, prepared w/ water & 1tsp butter	Easy Mac	2 oz	10%	Т	Recently added butter to increase calories				
Mandarin oranges, in light syrup, drained	Del Monte	1 fruit cup	2 slices		New food				
Hot dog (beef frank), no bun	Oscar Mayer	1	2 quarter sized slices, 1/2" thick		Eats plain - no ketchup, etc.				
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