

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 syrup; 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****						
Mealtime	Type of food <small>(Include preparation - fried, baked, oil added, pureed etc.)</small>	Brand Name <small>(If applicable)</small>	How much offered <small>(Please use measurements - 1 cup, 1 tsp, 2 oz package, etc.)</small>	How much eaten <small>(Record measurable volumes: %, TBS, items, mL, etc.)</small>	Place <small>H = Home A = Away S = School T = Therapy</small>	Comments
DATE: 01/01/01						
Day 1						
7:30am	100% Wheat toast w/ 1tsp margarine	Pepperidge Farm w/ Smart Balance	1 slice	3/4 slice	H	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
10:00am	Yogurt, strawberry	Yoplait, original	6 oz	2 TBS	A	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
12:00pm	Mac and cheese, prepared w/ water & 1tsp butter	Easy Mac	2 oz	10%	T	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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DATE: Day 2						
Mealtime	Type of food (Include preparation - 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
DATE: Day 3						