Your Child's Personal 3-Day Food Diary

In an effort to fully understand your child's overall nutritional status, we ask you to keep an accurate 3-day food diary. This diary should include all the foods eaten, how they are prepared (if possible), and how much is consumed at a given time. It is important that you be as honest and accurate as possible when you record the foods and beverages that your child eats during the three days. We ask that you record the days that the foods and beverages are consumed making sure that at least 1 day is a weekend day so that if the diary is repeated, the days of the week are always the same. This diary will be analyzed and a full nutritional analysis will be done on your child to determine needs for optimal growth and development.

It may seem like a lot to think about at first, but it can be really easy to keep track of all the foods and beverages consumed if the 3-day food diary is carried with you so that you can write down foods and beverages as soon as possible after they are eaten or drank.

Here are some pointers to help you get started with the diary:

1. Carry the 3-day food diary and a pen with you so that you can write down foods and beverages as soon as possible after they are consumed.
2. You can learn to describe your portions by using your hand as a guide. Use your best judgment to record the amount of food eaten. Use the visual guide below to judge portions:

Guide	**Serving Size**
Thumbnail	1 tsp
Thumb	1 oz of cheese or cream cheese
Fist or cupped hand	1 cup of chopped vegetables; lettuce; cooked cereal, rice or pasta
Handful	1 oz of nuts or ½ oz snack chips, pretzels
Palm of hand or deck of cards	3 oz of meat, poultry, fish or shellfish
Tennis ball	1 medium fruit, 1 cup of milk or yogurt

3. Write down brand names when possible.

4. Don’t forget all little extras like margarine, salad dressing, sugar, cream, mayo, mustard, catsup, pickles, taco sauce, jelly and such.
5. Beverages - write down the type of milk (whole, low-fat or skim); 100% juice or juice drink; soda (diet or regular); and don’t forget to record water too!
6. Fruits - write down whether it is fresh, canned or dried and if it is in juice or syrup.
7. Vegetables - write whether it is fresh, frozen or canned; how it is prepared (if possible) and if something is added to it.
8. Breads/Buns - write down whether it is white, wheat or rye and if something is spread on it with amounts.
9. Meat, Poultry or Fish - write down how many pieces; how it is prepared (fried, baked, broiled or grilled); and if sauces or gravies are on it.
10. Eggs - write down how many eaten; how prepared (soft, hard, fried scrambled, poached or omelet); and whether milk, margarine or drippings are added.
11. Fats/oils - what brand used and how much.
12. Sweets - write down how much sugar, syrup, jams or jellies; what type and size candy bars or how many pieces of candy are eaten.
13. Any extras such as chips, goldfish, etc with approximate amounts.

Food Diary

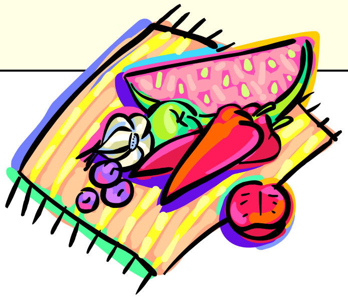
Name____________

Date __________

Write down everything you eat and drink during this day. Don't forget when you get up during the middle of the night too.

Time & Place	*Food Description & Preparation Method*	*How Much*	*Food Group*

Food Diary



Name____________________

Date ____________

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Time & Place	*Food Description & Preparation Method*	*How Much?*	*Food Group*

Food Diary

Name____________________

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