

FOOD AND BEVERAGE DIARY

INSTRUCTIONS:

1. Write down EVERYTHING your child eats or drinks for at least three days. Don't forget soda or "little nibbles"
2. Record information immediately after eating or drinking anything so it will be more accurate.
3. Measure your food portions before you eat. If measuring is not possible, estimate the serving size as accurately as possible.
4. Describe how the food was prepared (baked, broiled, fried, etc.).
5. Include any butter, margarine, sauces, dressings, etc., added to the food.

EXAMPLE OF FOOD/BEVERAGE DIARY:

TIME	FOOD AND BEVERAGES	AMOUNT EATEN
12:00	Sandwich-	
	-White bread	2 slices
	-Peanut butter	1 1/2 Tbsp
	-Strawberry jam, diet	1 Tbsp
	Banana	1 small
	Potato chips	1 ounce
	Milk 2%	8 ounces

Please complete the following information:

Child's Name: _____ Age _____

Birth date: _____

Parent's Name _____

Current weight _____

Current height _____

Address: _____

My child was sees Dr. _____

Gender male female

Parent's Phone _____

Date of appointment _____

