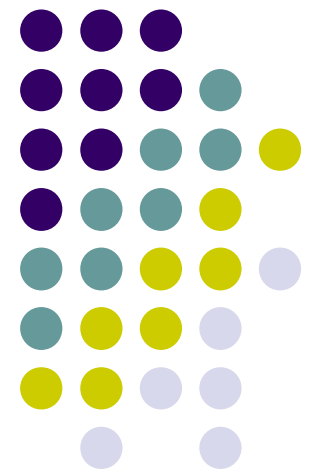
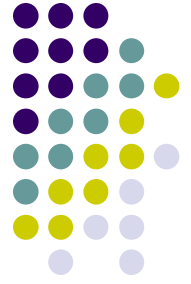


Subject Training: 3 Day Food Record

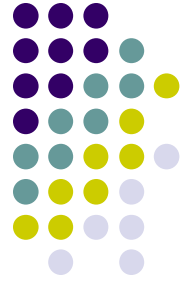
Diet and Nutrition in Children with
Autism Spectrum Disorder:
An Autism Treatment Network Collaborative Study





Outline

- Introduction
- General Instructions – 3 Day Food Record
- Specific Instructions for Recording Foods
- Specific Instructions for Recoding Supplements
- Common Measures
- Helpful Tips
- Examples
- Questions



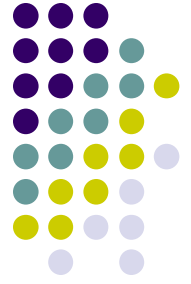
Introduction

- WELCOME and thank you for your willingness to participate in this study!
- This is one of the first large scale studies to investigate the eating behaviors and nutritional status of children with autism.
- Little is known about the nutritional intake of children with ASD, and the information you provide us will contribute greatly to the knowledge in this area.
- We want to thank you for your time. In appreciation for your participation, our clinician will provide you with detailed feedback on your child's nutritional status.



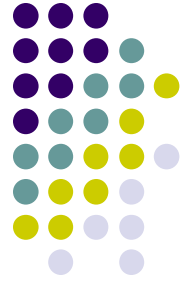
Overview

- We recognize this study requires you to fill out several forms but we want to emphasize that the 3 day food record represents the core of the study.
- Please do your BEST to record everything your child eats and drinks for 3 days as accurately as possible. We will be there to support you and ensure you provide enough detail.
 - After the first day of the record, you will receive a call from us to obtain any necessary clarification and provide feedback on the content of your record.
- Because we are interested in learning about your child's usual eating habits please do not change your child's diet or eating behaviors while recording his/her intake.
- After you have completed the study, you will receive a detailed analysis of what your child ate as well as feedback from a clinician. Keeping accurate and detailed records will make this feedback most useful.



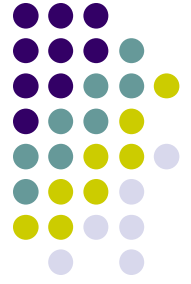
General Instructions

- Please do not start a 3 day food record if your child is sick, as this may affect intake.
- Please record everything your child eats AND drinks for 3 consecutive days:
 - 2 weekdays & 1 weekend day
 - Option 1: Thursday, Friday, and Saturday
 - Option 2: Sunday, Monday, and Tuesday
- Please be as detailed and as accurate as possible!
 - We ask that you record your child's intake immediately after or during the time he or she is eating.
- Each day please be sure to record any vitamins, minerals, and supplements your child takes.
- Please include foods that are used as reinforcements or used to take medications.



General Instructions

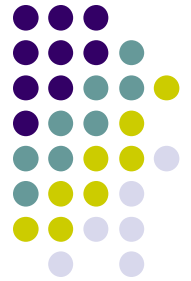
- Always remember to take the food records with you so you can record your child's intake immediately. A lot can happen in a day and it may be difficult to remember exactly what your child consumed at the end of the day.
 - If you are not with your child (at pre-school, day care, relative/sitter's house), ask the provider to write the items and amounts eaten.
- If a homemade mixed dish is eaten (ie. casserole), please include the recipe as well as the servings per recipe and amount consumed.
- Please keep in mind that you may be asked to provide a copy of the food labels for any unique or specialty foods your child consumes. (ie. gluten free or other products for special diets)



Instructions for Recording Foods

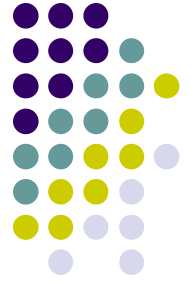
- For EVERYTHING that your child eats or drinks, record:
 - 1. The time the food was consumed
 - only needs to be entered with the first item of each eating occasion or meal
 - 2. The type of food
 - 3. The brand name
 - 4. A detailed description, including how the food was *prepared* (fried, baked, microwave, etc.)
 - 5. The amount consumed (use the “Visualize” handout to estimate portion size)
 - 6. Anything you *add* to a food (ie. brown sugar on oatmeal, ketchup on French fries, etc)

Instructions for Recording Supplements



- Each day record every vitamin, mineral, and/or supplement consumed and include the following information:
 - 1. The brand name of the supplement
 - ie. Kirkman, Flinstones)
 - 2. The type of supplement
 - ie. Multivitamin, Calcium, Vitamin D, etc.
 - 3. The quantity of supplement
 - ie. ½, 1, 2
 - 4. The unit of the supplement
 - ie. Tablet, Gel Cap, Gummy, tsp, etc.

Example: Nature Made Calcium + Vitamin D – 1 tablet

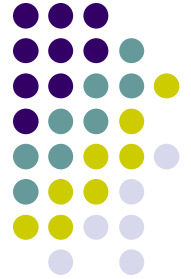


Common Measures

- If at all possible, please use measuring instruments (ie. measuring cups or measuring spoons) when estimating your child's food.
- Another way of estimating is to utilize the following guidelines.



Common Measures



1 cup =

the size of a baseball

*please refer to “Visualize Your Portion Size”

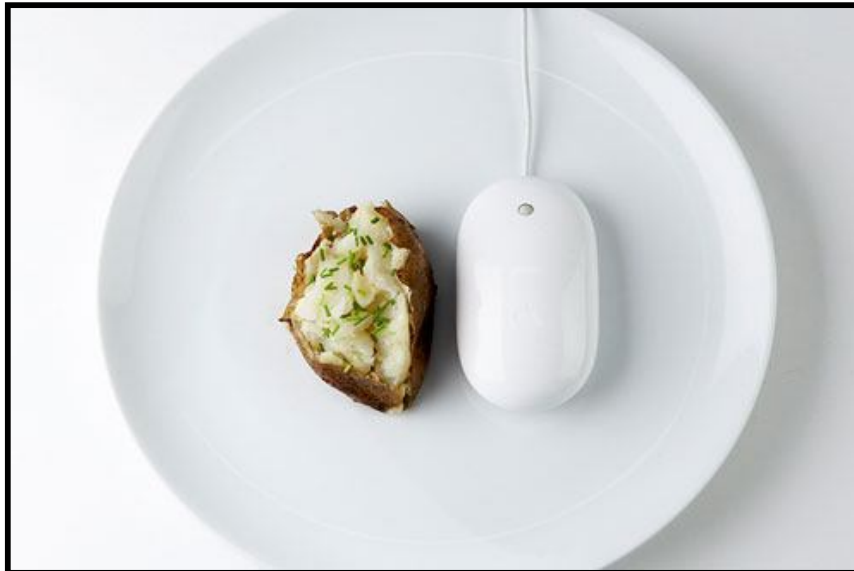
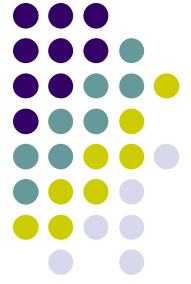


3 oz of meat =

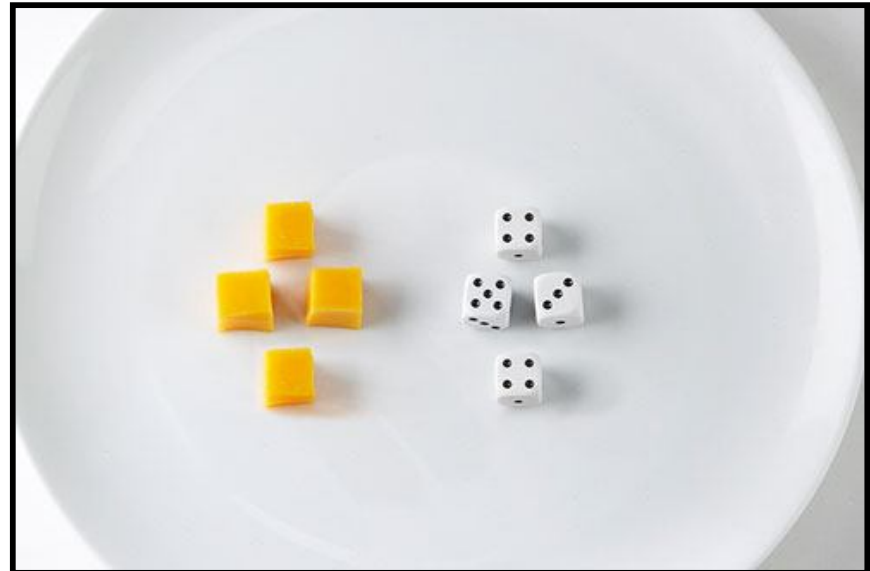
the size of a deck of cards

Source: WebMD

Common Measures



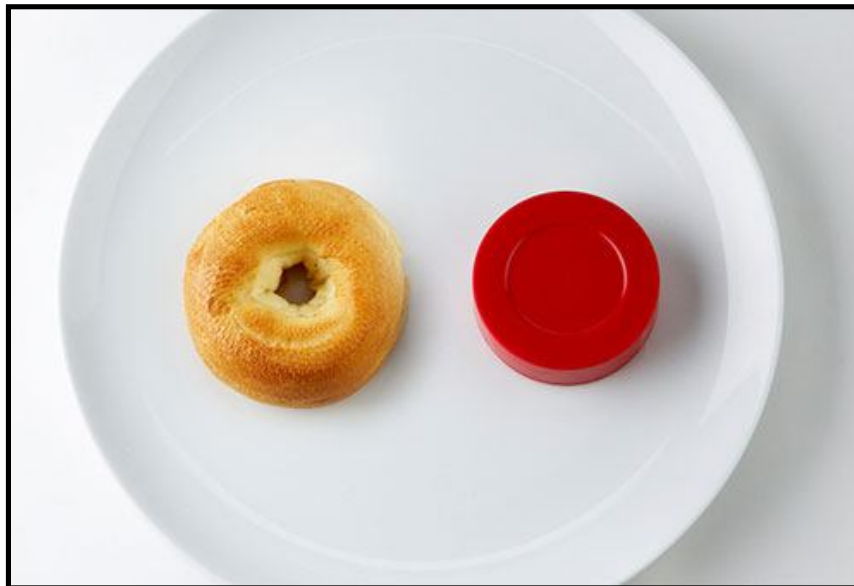
1 potato =
the size of a computer mouse



2 oz of cheese =
the size of 4 dice

*please refer to “Visualize Your Portion Size”

Common Measures



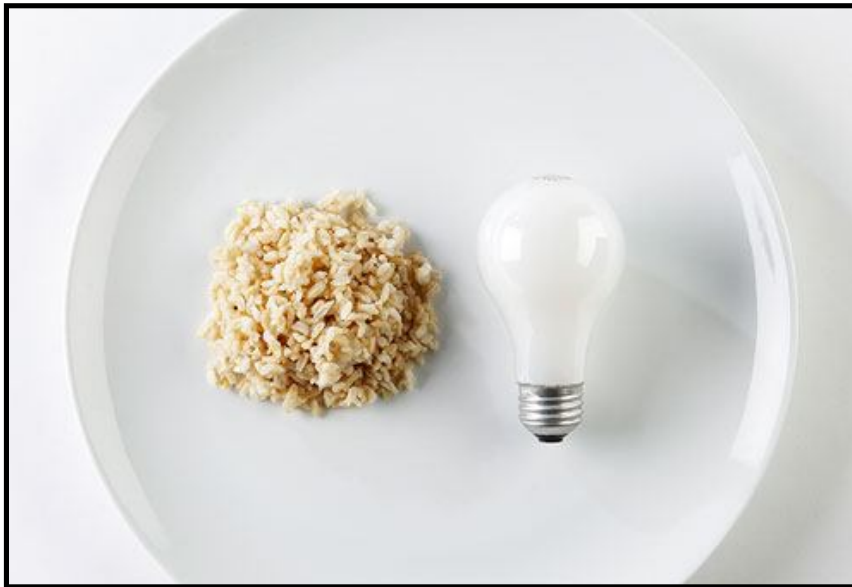
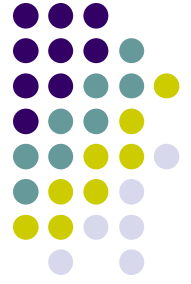
1 small bagel =
the size of a hockey puck



2 Tbsp of peanut butter =
the size of a golf ball

*please refer to “Visualize Your Portion Size”

Common Measures

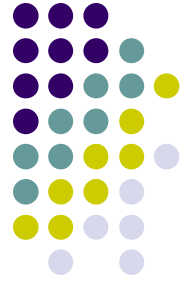


$\frac{1}{2}$ cup =
the size of a light bulb



1 tsp of oil =
the size of a poker chip

*please refer to “Visualize Your Portion Size”



Helpful Tips

- It may be helpful for you to know how much your bowls and cups hold. Pour a typical serving (ie. cereal/juice) into the bowl/cup your child normally uses and then measure that amount. We recommend doing this before you begin recording the 3 day food record.
 - Please remember to record ALL that your child drinks, including water!





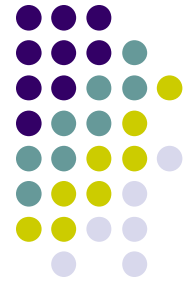
Examples

Incorrect!

Time	Food Item	Description of Food/Beverage (Brand name, cooking method used, type i.e. low fat or low carbohydrate, fortification, and any other additional information)	Amount	Unit
7:30	egg	Scrambled	½	cup
	orange juice	Tropicana	1	glass

Correct!

Time	Food Item	Description of Food/Beverage (Brand name, cooking method used, type i.e. low fat or low carbohydrate, fortification, and any other additional information)	Amount	Unit
7:30	egg	Kroger – large egg scrambled	1	
	milk	Horizon - Skim	1	Tbsp.
	margarine	Country Crock Light spread with Omega 3	1	tsp
	orange juice	Tropicana Ca + Vitamin D	4	oz



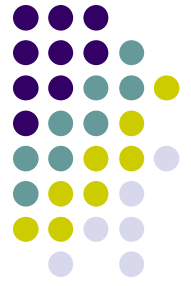
Examples

Incorrect!

Time	Food Item	Description of Food/Beverage (Brand name, cooking method used, type i.e. low fat or low carbohydrate, fortification, and any other additional information)	Amount	Unit
12:00	turkey	Kroger – lunchmeat	1	slice
	bread	White	½	slice
	orange slices	Kraft Mandarin Orange Snack Cups	1	Snack Cup
	cookies	Mini Oreos	1	bag

Correct!

Time	Food Item	Description of Food/Beverage (Brand name, cooking method used, type i.e. low fat or low carbohydrate, fortification, and any other additional information)	Amount	Unit
12:00	turkey	Kroger – Oven Roasted Lunchmeat	1	Oz
	bread	Wonder – White, Butter Split-Top	½	slice
	orange slices	Kraft Mandarin Orange Slice in Light Syrup	4	oz
	cookies	Mini Oreo Cookies	6	Mini cookies



Foods to Clarify

- Milk
 - Clarify % Fat - skim, 1%, 2% or whole milk
- Milk Alternatives
 - Soy, Rice or Almond Milk
 - Need the brand name and any additional information such as flavor, fortification, light, sweetened/ unsweetened etc.
- Butter/Margarine
 - Clarify if it was really butter, margarine or a blend
 - Need brand name and any additional information such as if it was a “stick” or in a “tub”.

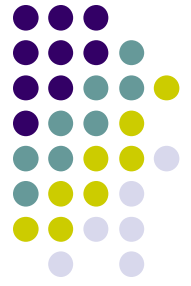
*please refer to “Documentation Checklist”



Foods to Clarify

- Fruit
 - Size – small, medium or large
 - With skin or without skin – very important
 - Banana – please use the following sizes when reporting
 - Small = less than 7”
 - Medium = 7” – 7 7/8”
 - Large = 8” – 8 7/8”
 - Extra Large = >9”
- Bagel
 - Please be specific when you are recording bagels. If unsure of the size, please measure.
 - Small = 2” – 3¼” (size of a hockey puck)
 - Medium = 3 ½ “ – 4”
 - Large = >4 ¼”
- Juice
 - Fresh, from concentrate, from powder, etc.
 - Need the brand name and any additional information such as flavor, fortification, enrichment, etc.

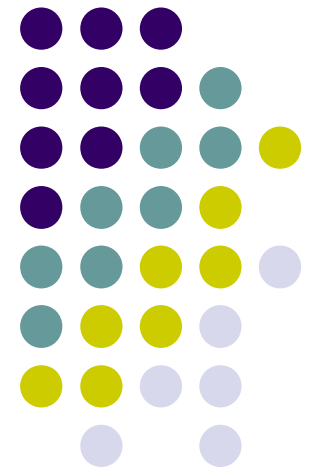
*please refer to “Documentation Checklist”



Review

- Always have the record form with you and record your child's as they are eating or immediately after.
- Be very detailed when recording combination food items such as sandwiches or hamburgers (include condiments).
- Be sure to include the cooking method used and what is used during cooking such as oils, fats or salt.
- Remember to include specific details about food items and brand-names (ie. Perdue's skinless chicken breast)
- When recording, please refer to the yellow "Documentation Checklist" to make sure you include all the necessary information!

Questions



Thank You!

Please do not hesitate to contact your site dietitian if you have any questions or concerns.

