# Feeding Disorders 3-Day Food Record

*Please bring this completed food record to your appointment.*

**Instructions**

- We are asking you to keep track of everything that your child eats and drinks for 3 days.
- Please record your child's intake for 3 consecutive days, including 2 weekdays and 1 weekend day, either Thursday/Friday/Saturday OR Sunday/Monday/Tuesday.
- It is important to be very detailed when recording your intake.
- Please do not start a 3-day food record if your child is sick. This may affect intake.
- Please do not change your child's normal eating habits while you are keeping the food record; they should eat as they normally would.
- For EVERYTHING that your child eats or drinks on the 3 specified days, record the following:
    - The time the food was consumed.
    - A detailed description of the food including brand name, how the food was prepared (fried, baked, etc.), and if anything was added to the food.
    - The amount consumed (1/2 cup, 8 oz., 10 grapes, 1 Pop Tart, etc.).
    - Remember to take the record sheets with you everywhere you go to record foods as your child eats them. If your child is fed at school or in a similar situation, ask the provider to write down the items and amounts eaten.
- Please use one line on the food record page for each item. For single food items, this is easy.
    - For example, if your child had a Milky Way bar as a snack, just record that they had one Mars Milky Way bar or 2/3 of a Mars Milky Way Bar. Remember to also record the size (i.e. king size vs. fun size).
    - For mixed meals, such as sandwiches, record every food item that was part of the sandwich. So, if your child ate a turkey sandwich, you would need to record the following:
        - One line to record the brand and amount of bread (e.g. Wonder Regular White, 2 slices).
        - A second line to record the brand and amount of turkey (e.g. Hillshire Farms regular smoked turkey breast, 4 slices).
        - A third line for mayonnaise (Hellman's Original), etc.
        - See the attached food record example for clarification.
        - This means that home cooked meals and sandwiches could take up many lines but that's OK.

- If your child regularly uses a sippy cup or other designated cup, fill it once and measure the volume using a measuring cup (in cups/ounces). This will help you to estimate beverage intake more accurately.
- If your child drinks water, put this on the diet record as well. It is not necessary to keep track of water from a drinking fountain, but please indicate how many cups/ounces of water your child drinks from cups or bottles.
- If a homemade mixed dish is eaten (i.e. 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 (i.e. gluten free or other products for special diets).

# Example of Complete Food Record

Patient Name/MRN _____ Patient Date of Birth _____

Date of Food Record 6/23/09

| 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 a.m. | egg | Kroger large egg - scrambled | 1 | |
| | milk | Horizon skim - with egg | 1 | tbsp. |
| | margarine | Country Crock Light spread | 1 | tsp. |
| | orange juice | Tropicana Ca + D fortified | 4 | oz. |
| 10:15 a.m. | gold fish crackers | Pepperidge Farm original | 8 | pieces |
| | grapes | Green - raw | 5 | |
| | milk | Horizon - skim | 3 | oz. |
| 12:30 p.m. | turkey | Kroger - oven roasted lunch meat | 1 | oz. |
| | white bread | King Soopers - butter split-top | 1/2 | slice |
| | mandarin orange slices | Kroger - in light syrup | 4 | oz. |
| | cookies | Oreo bite-sized minis | 6 | cookies |
| | milk | Horizon - 2% chocolate | 4 | oz. |
| 2:45 p.m. | cheddar cheese | Kroger - 2% mild cubed; Cheddar | 3 | oz. |
| | soda | Sprite - regular | 3 | oz. |
| 6:30 p.m. | mac and cheese | Kraft Mac and Cheese original - cooked in water | 1/5 | box |
| | milk | Horizon, skim | 2 | tsp. |
| | margarine | Parkay - stick | 1.5 | tsp. |
| | green beans | Kroger canned - french cut | 1/8 | cup |
| | water | Microwaved | 3 | oz. |
| | 1 popsicle ice pop | Dora the Explorer ice pop - cherry | 1.1 | oz. |

*Time only needs to be entered with the first item of each eating occasion or meal.

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