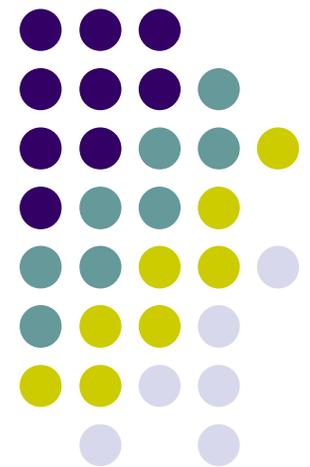


# Subject Training: 3 Day Food Record

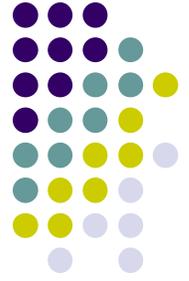
Diet and Nutrition in Children with  
Autism Spectrum Disorder:  
An Autism Treatment Network Collaborative Study





# Outline

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



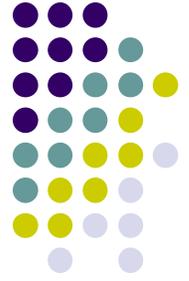
# Introduction

- 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.



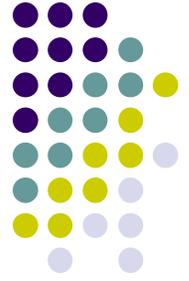
# Overview

- 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

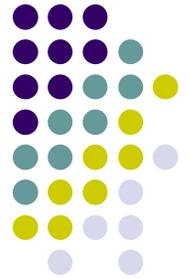
- Always remember to take the food records with you so you can record your child's intake immediately. A lot can happen in a day and it may be difficult to remember exactly what your child consumed at the end of the day.
  - If you are not with your child (at pre-school, day care, relative/sitter's house), 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”

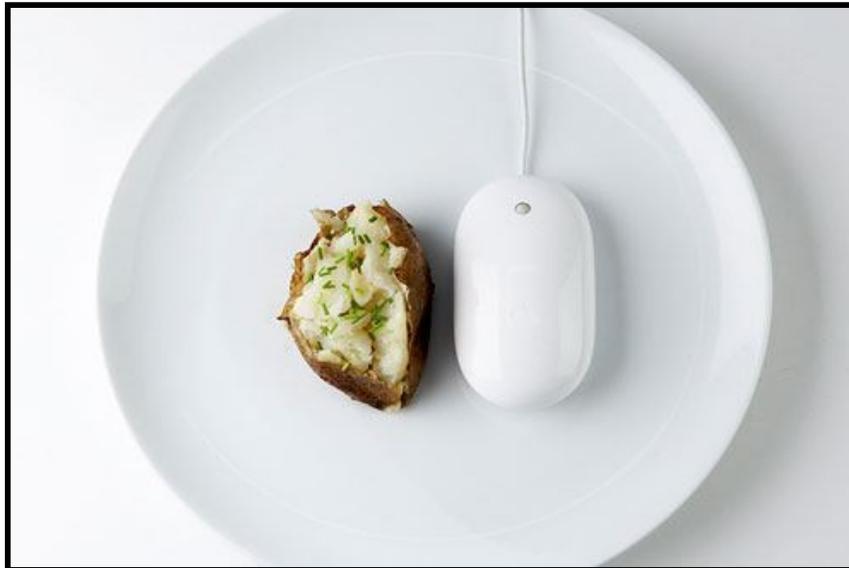
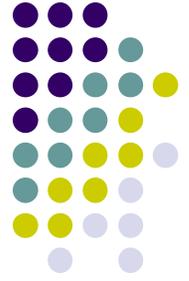


3 oz of meat =

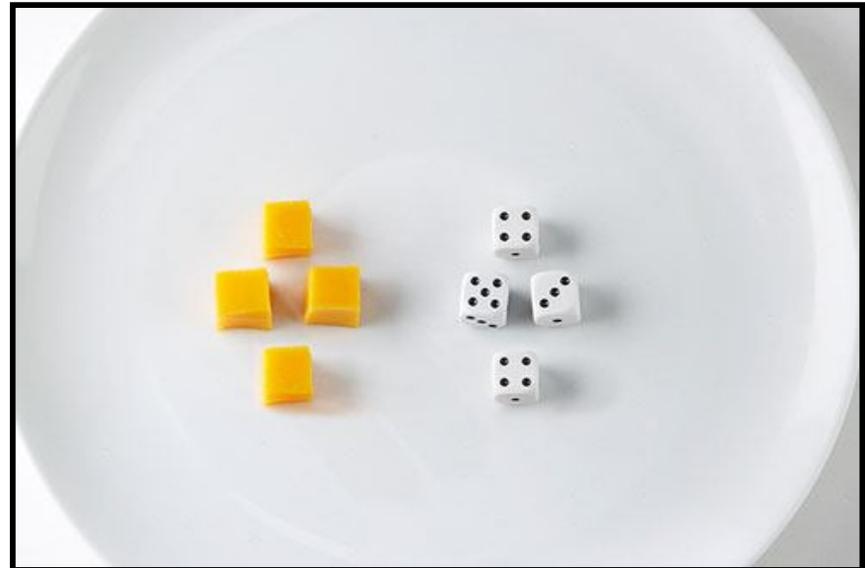
the size of a deck of cards

Source: WebMD

# Common Measures



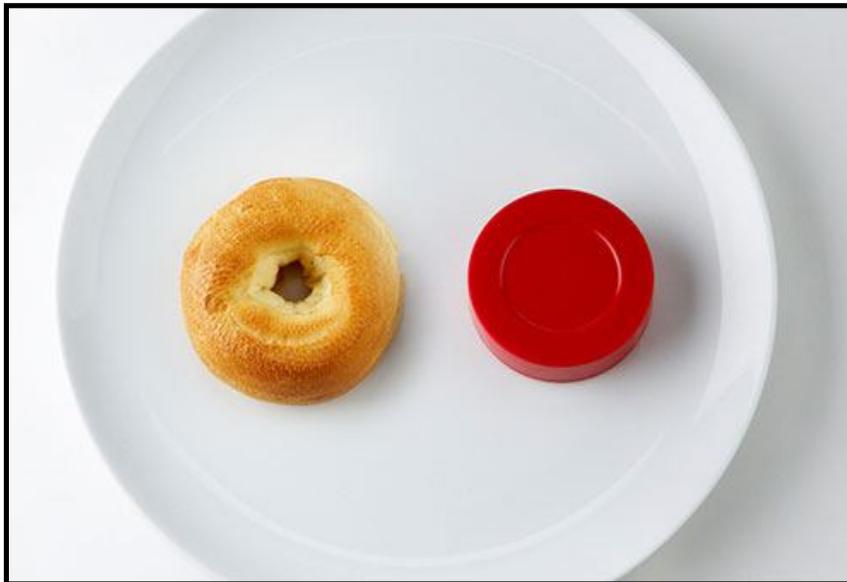
1 potato =  
the size of a computer mouse



2 oz of cheese =  
the size of 4 dice

\*please refer to “Visualize Your Portion Size”

# Common Measures



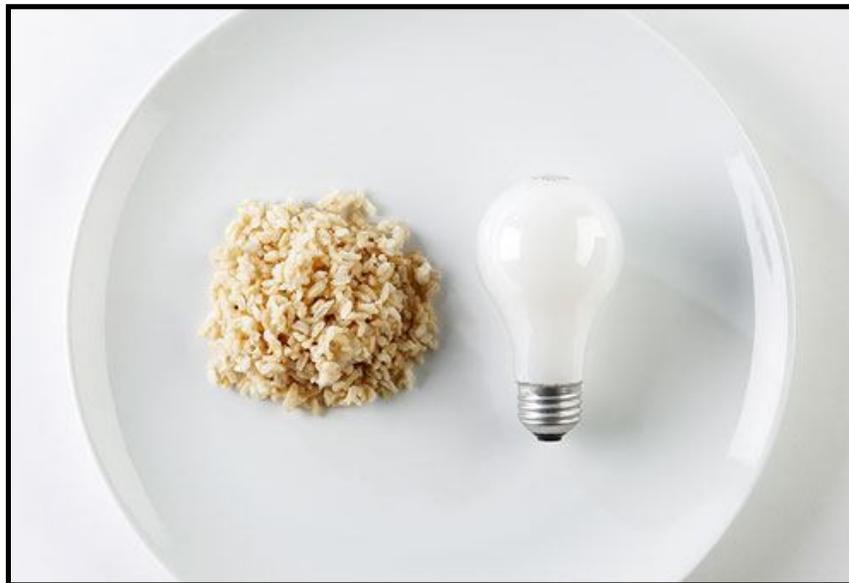
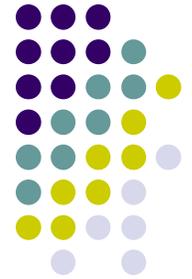
1 small bagel =  
the size of a hockey puck



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

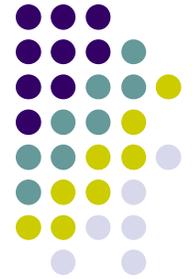
\*please refer to “Visualize Your Portion Size”



# 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!





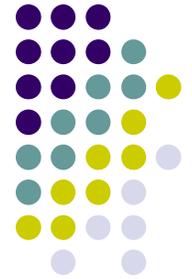
# Examples

**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



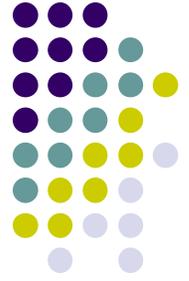
# Examples

**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”

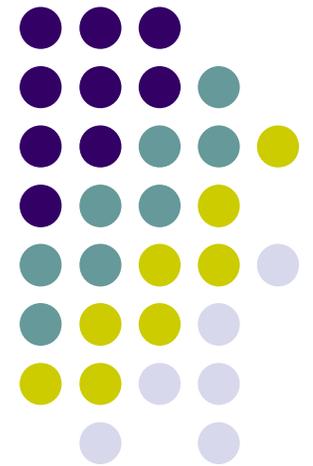


# Review

- 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

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# Thank You!

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

