



Feeding Disorders 3-Day Food Record

Completed form must be returned to us BEFORE your appointment can be scheduled.

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.

