

### **Instructions for completing a food intake record:**

Please follow these instructions carefully. The more carefully you describe everything your child eats or drinks, the more helpful the record will be in evaluating your child's diet. Be certain to use measuring cups and spoons, and be as accurate as possible in recording amounts of food your child eats.

1. Write down everything your child eats or drinks including water and formula, plus all vitamin, mineral, and or herbal supplements taken on each of the three days.  
**Special Note:** do not forget any snacks or extras such as cookies, candy, peanuts, ketchup, butter, or gravy.
2. If eating away from home, write down what your child eats on another piece of paper and copy it into this food record when you get home. Teachers, babysitters, or other caregivers should be asked to help if your child is unable to write down intake while away from home. When eating at a restaurant, estimate serving sizes as best as possible and use the food portions listed in the menu if noted.
3. At the top of each page, fill in the day of the week and the date.
4. In the first column, record the time of day that the meal or snack was eaten.
5. In the second column, record the food or beverage eaten.  
**Special Note:** write only one food on a line.
6. In the third column, describe how the food was prepared; such as fried, baked, raw, grilled and how it was packaged such as frozen, canned, or jarred infant food.  
**Special Note:** when available please list the brand name of the food.
7. In the fourth column, record the amount your child has eaten.  
**Special Note:** use measures such as 1/2 cup, 2 tablespoons, 2 slices, and 4 ounces. If something your child ate has a specific portion size listed on the package label, be certain to record that amount (i.e.: 1 Hershey candy bar, 1.45 ounces).
8. Complete the description of your child's appetite for each day.
9. You do not need to record intake for three consecutive days. It is best to include at least one weekend day especially if meals and meal times differ on weekends.

**Date:** \_\_\_\_\_ **Day of the week:** \_\_\_\_\_