***Dietitian 4 Health***

![C:\Users\freemanr\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ELNSB9JU\cartoon%20fruit[1].jpg]()

**THREE DAY FOOD RECORD**

Instructions:

 Fill in everything your child eats or drinks for 3 days

 Use 1 page for each day

* Write down the time of the meal or snack
* Measuring the food will give the best accuracy, otherwise you can estimate using the following method:

An adult fistful is about 1 Cup

An adult palm the size of a deck of playing cards is about 3-4 ounces of meat

An adult thumb is about 1 tablespoon, or 1 ounce

* Write down how much your child drank, including water
* Write down how it was prepared (baked/ steamed/ fried)
* Write down whether anything was added to the food (butter/salt)
* Write down the brand name if it was a packaged food
* Write down the amount that was eaten, not offered

**Example of a detailed food record:**

|  |  |  |
| --- | --- | --- |
| **Time** | **Food/Beverage** | **Amount** |
| 7:20 am | Corn flakes | 3/4 cup |
|  | 1% milk | 1/2 cup |
|  | Strawberries, sliced | 5 |
|  |  |  |
| 10 am | PC dipped chocolate chip granola bar | 1 whole |
|  | Water | 1 cup |
|  |  |  |
| 12 noon | Ham and cheese sandwich | (only ate half sandwich) |
|  | black forest ham | 3 slices |
|  | Cheddar cheese | 1 slice |
|  | Low fat mayo | 1 tbsp |
|  | Whole wheat bread | 2 slices |
|  | Baby carrots | 5 |
|  | Water |  |
|  |  |  |
| 3pm | Cheese string | 1 whole |
|  | Juice box(100% orange) | half |
|  |  |  |
| 6:30pm | Chicken drumstick with skin | 1 |
|  | Pasta with butter and parmesan | 1/2 cup |
|  | Steamed broccoli with olive oil | 1/2 cup |
|  | 1% milk  | 1 cup |
|  |  |  |
| 7:30 pm | Chips ahoy chocolate chip cookies | 2 |
|  | 1% milk | 1/2 cup |
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**Food Record Day 1 Name: Date:**

*----For Dietitian use------*

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| **Time** | **Food/Beverage** | **Amount** | *F/V* | *Gr* | *Pro* | *Ca* | *Fe* |
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**Food Record Day 2 Name: Date:**

*----For Dietitian use------*

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| **Time** | **Food/Beverage** | **Amount** | *F/V* | *Gr* | *Pro* | *Ca* | *Fe* |
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**Food Record Day 3 Name: Date:**

*----For Dietitian use------*

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| **Time** | **Food/Beverage** | **Amount** | *F/V* | *Gr* | *Pro* | *Ca* | *Fe* |
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