

FOOD DIARY

The dietitian you are working with is _____ Phone # _____ Fax # _____

Address: Dietetics & Nutrition, Children's Medical Center, One Children's Plaza, Dayton, OH 45404

- ❖ Keeping a food diary helps us see what you are eating and how well you are able to count carbs. Choose a time period that is a good example of your child's normal diet. Vacations, holidays, times of illness and special occasions are not good times to record food intake.

Instructions for completing a food diary

Time	Record the time you/your child is eating.
Food or Beverage	Write the name of the food/drink being eaten. Be specific. Example: Whole milk (instead of milk).
Description of Preparation (Brand/cooking method)	Describe the food/beverage you/your child has eaten. What is the brand name? School lunch? Canned or fresh? Breaded or unbreaded? Example: Large Dole banana or small Shake N' Bake breaded pork chop
Amount	Record the amount <i>actually eaten</i> . Give measurements. <ul style="list-style-type: none"> ▪ Liquids-use liquid measuring cups Example: 1 cup Whole milk ▪ Non-liquids-Use dry measuring cups Example: ¾ cup Cheerios ▪ Use measuring spoons for smaller amounts Example: 1 Tbsp. Peanut butter ▪ For meats give either ounces or size in inches Example: 3 oz unbreaded chicken breast ▪ For solid foods, give the number eaten Example: 17 small grapes
Carbohydrate Grams (g)	Find the total grams of carbohydrate for each serving eaten by looking on the nutrition label
Carbohydrate Servings	State how many carbohydrate servings are equal to the amount of total carbohydrate grams determined. Remember, 15 g carbohydrate = 1 carbohydrate serving.
Calculations	If you are learning an insulin to carbohydrate ratio: <ul style="list-style-type: none"> ▪ Determine the total number of carbohydrate grams for <i>all</i> foods eaten ▪ Divide the total number of carbohydrate grams by your carbohydrate factor determined by your doctor ▪ Write your answer in the column under Calculations

Tips for Keeping the Food Diary:

- Write down all the information IMMEDIATELY after you eat. If you wait until the end of the day, you will likely forget things.
- Be sure to include what you drink.
- Don't forget condiments like catsup, salad dressing, sour cream, and gravy.
- Make sure to record any nutritional supplements used as well, like Carnation Instant Breakfast and vitamins.
- Use measuring cups and spoons as often as possible.
- Look at how much food is left on the plate. Record only what has been eaten.
- Ask babysitters, teachers, or other caregivers to help keep records if you/your child is unable to do so.
- If you are having trouble figuring out a food, attach the food label to the records that you mail, fax or bring to the dietitian.

Food Diary Sample Sheet

Time	Food/Beverage	Description	Amount	Total Carb Grams (g)	Carb Servings	Calculations
8 am	Cornflakes	Kellogg's	1/2 cup	16	1	
	Milk	2% white	4 oz	6	0.5	
	Orange Juice	100% Northland	4 oz	15	1	
	Bran muffin	2" round	1	23	1.5	
10:30 am	Crackers	Ritz	6	12.5	1	
12:30 pm	Turkey lunchmeat	2 slices deli cut	1 oz	0	0	
	Bread	Whole wheat	2 slices	18	1	
	Mayo	Lowfat	1 tsp	1	0	
	Pretzels	Rold Gold	18	23	1.5	
	Yogurt	Dannon Drinkable	1	15	1	

Nonfat Milk
 Serving Size 8 fl oz (240mL)
 Servings Per Container 2

Amount Per Serving
Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 100mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 8% • Vitamin C 4%
 Calcium 30% • Iron 0% • Vitamin D 25%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	<small>Calories:</small>	<small>2,000</small>	<small>2,500</small>
Total Fat	Less than	85g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

