

instructions for keeping a food diary

1. Please write on the back side of this form.
2. Keep a record of everything your child eats or drinks for three days. Use two weekdays and one weekend day. For example, choose Thursday, Friday, and Saturday. Days do not need to be in a row.
3. List each food and drink.
4. Include measurements in cups, teaspoons, tablespoons, and ounces. No need to measure but do try to be accurate. If you are not sure how much you ate, try to compare the portion to something around you like a tennis ball, golf ball, your fist, or your finger.
5. Include how food is cooked. For example: baked, fried, or canned.
6. List any special notes about the food. For example: brand name, type of milk (skim, 1%, 2%, soy), low type of soft drink (diet, regular), or formula mixing recipe.
7. List any vitamins or minerals taken.
8. Add comments about the day that affected eating . For example: “went to a party,” “busy day out,” “sick,” or “spent the day with Grandma.”
9. If you do have a nutrition clinic appointment already scheduled, please bring this completed form with you on the day of the appointment.
10. Questions? Please call central scheduling at 937-641-4000, option 2.

Child's Name: _____ Birthday: ___/___/_____

For completion by Central Scheduling only:

Referring Doctor: _____

MRN: _____

Appointment Date: _____

Appointment Time: _____AM/PM



Day 1 Date:	Day 2 Date:	Day 3 Date:
Morning:	Morning:	Morning:
Mid-Morning:	Mid-Morning:	Mid-Morning:
Mid-Day:	Mid-Day:	Mid-Day:
Afternoon:	Afternoon:	Afternoon:
Evening:	Evening:	Evening:
Late Evening:	Late Evening:	Late Evening: