

3-DAY FOOD RECORD

Please write down everything your child eats or drinks (including the amount) for 3 days. Include all snacks and beverages as well as how food is prepared (e.g. 2 Tbsp homemade mashed sweet potatoes mixed with 1 Tbsp infant rice cereal). See additional guidelines: "Instructions for completing a 3-day Food Record". Use back of this page if additional room is needed.

Instructions for completing a 3-day Food Record

1. Record **everything** your child eats or drinks for three days. If intake is different on the weekend, record 2 week days and 1 weekend day.
2. For accuracy, it is best to record each meal or snack immediately after it is eaten
3. Record the food your child **eats**, not the amount prepared.
4. Use household measuring spoons or cups to estimate portions. List liquids (breast milk, formula, water, juice) in ounces or cups.
5. Describe all food or drink as fully as possible including brand names when appropriate.
6. Include all additions to food such as formula, milk, sugar etc and the amount.
For example: 2 tablespoons rice cereal mixed with 1 oz Enfamil with Iron formula.
7. Record all medications including over-the-counter medications and dietary supplements such as vitamins. Include brand names and amount taken.



Patient Label

