## Keeping a three day food diary

Please try to complete this food record for three days: two weekdays and one weekend day; this helps to identify changes during the week.

Recording what your child eats and drinks may help identify how much or how little your child is having of the food groups and what is happening at meal and snack times.

Please bring the food record with you to the workshop. You may like to share and discuss what you discover and notice. The food record may help you consider which area(s) you would like to work on.

### Tips for keeping a food diary

* Record information at the time of the meal. Don’t wait until later in the day to record information because it becomes less accurate.
* Be sure to list amounts of food as accurately as possible (e.g. “1 tablespoon” rather than “3 bites”).
* If you are serving a mixed dish such as a casserole, list each type of food in the casserole.
* Be as descriptive as possible (e.g. ½ cup mashed banana with some small lumps).
* Include brand names where appropriate.
* Remember to include drinks and snacks.
* Record medication and any supplements.
* Be sure to record the times that you tried to feed your child but nothing was eaten.
* Remember to record meals that are eaten away from the house.

The table on the following page provides some examples of an infant food diary as well as some examples of a toddler food diary.

Example of a food diary

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| **Time** | **Where.**  **Type of seating** | **Food or drink offered**  **e.g. slices, teaspoons, ½cup, 200ml** | **Amount offered** | **Amount taken** | **Who fed child** | **How long it took** | **Comments**  **e.g. who is present, behaviour** |
| **Example of infant food diary** | | | | | | | |
| **Child’s name:** Ryan | | | | **Date:** 16/1/2017 | | | **Day:** Monday |
| 6.30am | Mum’s bed | Breastfeed |  |  | Mum | 15 mins | Mum, Dad  Settled-Fell back to sleep |
| 7.45am | High chair  in kitchen | Baby cereal with formula  Toast fingers  Diluted juice | 5 tablespoons  4  150ml | 3 tablespoons  3  90ml | Mum  Mum and Ryan | 15-20 mins | Mum  Enjoyed holding toast |
| 10.00am | High chair in kitchen | Stewed apple and vanilla yoghurt | ½ cup | ¼ cup | Mum | 10-15 mins | Mum  TV on in background  Enjoyed watching TV whilst eating |
| 12.30pm | High chair in kitchen | Chicken and veg soup (carrots, peas, potato, celery)  Rusk  Breastfeed | ½ cup  1 | ½ cup  1/2 | Mum  Ryan | 15-20 mins  10 mins | Mum |
| **Example of toddler food diary** | | | | | |  |  |
| **Child’s name:** James | | | | **Date:** 18/1/2017 | | | **Day:** Wednesday |
| 3.00pm | Child’s table and chair outside | Fruit salad (apple, banana, orange, pear)  Vanilla yoghurt  Water | ½ cup  ½ cup  200ml | All  All  100ml | James | 10 minutes | Mum |
| 5.30pm | High chair at dining table | Ravioli  Soft carrot and bean sticks  Toast | ¾ cup  8  1 slice | ½ cup  5  1 slice | James | 25 minutes | Mum, Dad, baby sister  Dropped toast on floor |
| 7.15pm | Lounge room couch | Milk in sipper cup | 250ml | 230ml | James | 10 minutes | Mum, Dad, baby sister |

Day 1 food diary

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| **Child’s name:** | | | | **Date:** | | **Day:** | |
| **Time** | **Where.**  **Type of seating** | **Food or drink offered** | **Amount offered e.g. slices, teaspoons, ½cup, 200ml** | **Amount taken** | **Who fed child** | **How long it took** | **Comments**  **e.g. who is present, behaviour** |
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Day 2 food diary

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| **Child’s name:** | | | | **Date:** | | **Day:** | |
| **Time** | **Where.**  **Type of seating** | **Food or drink offered** | **Amount offered e.g. slices, teaspoons, ½cup, 200ml** | **Amount taken** | **Who fed child** | **How long it took** | **Comments**  **e.g. who is present, behaviour** |
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Day 3 food diary

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| **Child’s name:** | | | | **Date:** | | **Day:** | |
| **Time** | **Where.**  **Type of seating** | **Food or drink offered** | **Amount offered e.g. slices, teaspoons, ½cup, 200ml** | **Amount taken** | **Who fed child** | **How long it took** | **Comments**  **e.g. who is present, behaviour** |
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