



# 3-day Food Intake Record for:

Patient's name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Please call the DMD Program at UMass at 774-441-7615 with any questions you have about this food record

# Food Record Instructions

The more carefully you describe everything your child eats or drinks, the more helpful the record will be in evaluating your child's diet.

1. Write down everything your child eats or drinks for 3 days. Please include 2 weekdays and 1 weekend day. These days do not have to be consecutive (example: Monday, Wednesday and Saturday or Thursday, Friday and Sunday).
2. Include the date and time for all foods and beverages.
3. Include the amounts for all foods and use a separate line for each food.
4. Be specific about the foods you record. The more details you provide, the more accurate the analysis will be.
  - a. Measure food with measuring cups, measuring spoons or a food scale.
  - b. Include details such as:
    - i. Is the food baked, grilled, fried, steamed, raw or boiled?
    - ii. Was the food canned, frozen, fresh or jarred? Please record this and the brand eaten.
    - iii. Is there ketchup, other condiments, sauces, butter or gravy on the food? List each condiment on a separate line with the amount eaten.
    - iv. Was the food prepared at a restaurant? Estimate the serving size, for example, was the food a child or adult portion?
5. Ask teachers, babysitters, family members or other caregivers to record foods eaten while your child is in their care, including snacks and beverages.
6. Be sure to record snacks or extras, such as cookies or candy.

EXAMPLE 1-DAY DIARY ON NEXT PAGE

<b>Time</b>	<b>Food Eaten</b>	<b>Amount</b>	<b>Details (cooking method, name brand, etc.)</b>
8:30 am	Wheat bread	2 slices	Sara Lee soft and smooth 100% whole wheat
	Egg	1 large	Scrambled
	Butter	1 teaspoon	Used to cook egg
	Orange juice	8 oz (1 cup)	Tropicana brand
	Skim milk	4 oz (1/2 cup)	Store brand
12:15pm	Chicken Noodle soup	1 cup	Panera
	Bagel	1	Panera whole wheat
	Cream cheese	1 tablespoon	Panera honey walnut, reduced fat
	Water	8 oz	
1:30pm	Baby carrots	8	Raw
	Honey ham	2 slices (1 oz)	Sara lee thin sliced
5:00pm	Broccoli	1 cup	Steamed with salt added
	Macaroni & cheese	¾ cup	Homemade with mild cheddar cheese, elbow macaroni and 2% milk
	Breaded chicken	4 oz	Baked, boneless, skinless chicken breast used, breaded with Italian bread crumbs
	Barbeque sauce	2 tablespoons	Kraft original barbeque sauce
	Roll	1	Pillsbury dinner roll
	Water	16 oz	









## NOTES