

Food Record for 0-3 year olds



DIRECTIONS: In order to analyze your child's nutrition intake, we need the following information. Please record everything your child eats or drinks over a three-day time period, the time of the meal or snack, and the exact portion. (note proportion guidelines below) The more specific the information regarding brand names of food items or restaurant meals, the more accurate the computer analysis will be.

NAME: _____

DATE: _____

TIME	BREASTFEEDING/FORMULA (PLEASE CIRCLE ONE)	SOLID FOOD	BEVERAGE	AMOUNT

HELPFUL HINTS!

Age 5-6 month

* 1-2 tbl of strained fruit, veggie, or infant cereal = 1 serving

Age 2-3 years old

- $\frac{1}{2}$ slice bread
- 1 oz meat/chicken/fish
- $\frac{1}{4}$ cup pasta/rice

- * $\frac{1}{4}$ cup cooked veggie
- * 2 crackers * $\frac{1}{2}$ banana
- * $\frac{1}{2}$ cup milk, yogurt, or juice