Food Record for 4-12 year olds

DIRECTIONS: In order to analyze your child's nutrition intake, we need the following information. Please record <u>everything</u> 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	SOLID FOOD	BEVERAGE	AMOUNT

<u>HELPFUL HINTS!</u>

- * Whole thumb = 1 Tbl
- * Palm of hand/deck of cards = 3-4 oz
- * Fist = 1 cup
- * Handful = 2 oz
- * 1 egg = 1 oz lean meat
- * slice bread = 1 serving
- * ½ cup cooked cereal/pasta = 1 serving
- * 1 medium apple = 1 serving
- * ½ cup fresh/cooked vegetable = 1 serving
- * 1 cup Milk = 1 serving