**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.) *One record sheet for each day.* The more specific the information regarding brand names of food items or restaurant meals, the more accurate the computer analysis will be.**

**\*PEDS, Inc. does not endorse the listed examples to be used as a dietary recommendation.**  These are mere examples of what information needs to be recorded to ensure an accurate analysis.

Name: Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TIME** | **SOLID FOOD:** brand, method of preparation, etc. | **AMOUNT:** cup, tsp, tbsp., oz., slice, lbs., etc. | **BEVERAGE:** brand, flavor, etc. | **AMOUNT:** fl. oz., cup, pouch, box, etc. |
| **EXAMPLE:** |  |  |  |  |
| 6:30am | Cheerio’s Scrambled Eggs (used water) | 1 cup2 eggs1tsp salt | Tropicana Orange Juice, no pulp 2% Milk | 1 cup1/2 cup |
| 10:30am | Snack Mix Cheez Its | 10.5 oz. bag | Dr. Pepper Soda | 12 fl. oz. |
| 3:30pm | McDonald’s CheeseburgerMcDonald’s French Fries | 21 large | Dr. Pepper Soda | Medium size |
| 7:30 pm | Tombstone Pepperoni Pizza—thin crustMixed Green Salad with cheeseWishbone Italian DressingKraft’s Shredded Cheese | 1 slice from 6 slice pizza¾ cup chopped iceberg1 tbsp. chopped red cabbage½ tsp reduced Kraft cheddar cheese¼ cup diced tomatoes1 tbsp. chopped onions2 tbsp. dressing | Skim Milk | 1 cup |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**HELPFUL HINTS!**

|  |  |  |
| --- | --- | --- |
| **Whole Thumb= 1 tbsp.****Palm of hand/deck of cards= 3 – 4 oz.****Fist= 1 cup****Handful= 1 cup** | **1 egg= 1 oz. lean meat****1 slice bread= 1 serving****1 apple= 1 serving****½ cup cooked cereal/pasta= 1 serving** | **½ cup cooked vegetable= 1 serving****½ cup fresh fruit= 1 serving****1 cup milk= 1 serving** |