**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:

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| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **BREASTFEEDING/FORMULA (PLEASE CIRCLE ONE)** | **Amount:**  fl. oz., cup, etc. | **SOLIDS** | **Amount:**  tsp, cup, tbsp., grams, lbs., etc. | **BEVERAGE** | **Amount:**  fl. oz., cup, etc. |
| **EXAMPLE:** |  |  |  |  |  |  |
| 6:30am | Breastfeeding: 20 minutes total or  **Enfamil-Lipil**  Baby Formula | 20 minutes or  6 fl. oz. |  |  |  |  |
| 12:30 |  |  | Single Grain Cereal:  **Gerber’s** Barley | Cereal: 2 tbsp. |  |  |
| 5:30pm |  |  | Homemade: Pureed  Peas, Carrots; Banana, Ground Cooked Chuck (cooked in olive oil and seasoned) | 1 tbsp. of each vegetable, 2 tsp. of fruit, 2 tbsp. of meat  1 tsp salt; ½ tsp pepper, ½ tsp oil |  |  |
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**HELPFUL HINTS!**

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| --- | --- |
| ***Age 5-6 month***  **\* 1-2 tbsp of strained fruit, veggie = 1 serving**  **infant cereal = 1 serving** | ***Age 2-3 years old***   * **½ slice bread \* ¼ cup cooked veggie** * **1 oz meat/chicken/fish \* 2 crackers \* ½ banana** * **¼ cup pasta/rice \* ½ cup milk, yogurt, or juice** |