**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** | **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 cup  2 eggs  1tsp salt | Tropicana Orange Juice, no pulp  2% Milk | 1 cup  1/2 cup |
| 10:30am | Snack Mix Cheez Its | 10.5 oz. bag | Dr. Pepper Soda | 12 fl. oz. |
| 3:30pm | McDonald’s Cheeseburger  McDonald’s French Fries | 2  1 large | Dr. Pepper Soda | Medium size |
| 7:30 pm | Tombstone Pepperoni Pizza—thin crust  Mixed Green Salad with cheese  Wishbone Italian Dressing  Kraft’s Shredded Cheese | 1 slice from 6 slice pizza  ¾ cup chopped iceberg  1 tbsp. chopped red cabbage  ½ tsp reduced Kraft cheddar cheese  ¼ cup diced tomatoes  1 tbsp. chopped onions  2 tbsp. dressing | Skim Milk | 1 cup |
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**HELPFUL HINTS!**

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| **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** |