

Fact Sheet

Food intake record

Instructions

- Eat as you normally would.
- Write down everything that your child eats and drinks over one day from waking to going to sleep. This includes snacks, water, medications, vitamin and mineral supplements.
- Use a new line for each food or drink.
- Record each food individually, for eg. a tuna sandwich might be two slices of bread, two teaspoons of margarine and half a cup of tuna (canned in brine).
- Always record cooking methods such as boiling, frying etc.
- Give a detailed description of the food or drink and include brand names where possible. For eg. Arnott's Milk Arrowroot® biscuit.
- Don't forget to include any sauces, mayonnaise or gravies that are used.

EXAMPLE ONLY

Name: Emily		
Day: 1	Date: 30.04.06	
Time	Amount	Food / Drinks
3.30pm	1	Milk Arrowroot biscuit (Arnotts)
	200ml	Bottle of milk (full cream)
5:45pm	¾ cup	Pasta spirals (cooked)
	3 tablespoons	Tomato pasta sauce (Dolmio)
	2 teaspoons	Grated cheese (Coon Light)
	¼ cup	Broccoli, fresh, cooked (3 pieces)
	1 tablespoon	Mixed frozen peas and corn, cooked
	1 tub(100g)	Yoghurt (Ski, fruit)
	100ml	Diluted orange juice (half water, half juice)

This fact sheet is for education purposes only.
Please consult with your doctor or other health professional
to make sure this information is right for your child.

This document was reviewed on Thursday, 3rd April 2008

the
children's
hospital at Westmead

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