

How to Fill Out a Food Diary

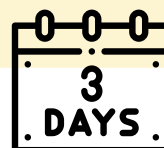
Why complete the food diary?

- It shows how your child has been eating
- It can highlight what food groups your child is having foods from:
 - carbohydrate
 - protein
 - calcium
 - fruit and vegetables



How to complete a food diary

- Record all food and drinks for 3 days (including 1 weekend day)
- Fill in the diary as you go
- Do not change the normal eating pattern
- Fill in food items in food groups



EXAMPLE:

Day 1: Saturday 20th May 2026

Time	Place	Description of food/drink/feed	Comment (mood, hunger, thirst, other)
06:00	On the sofa at home	Rice puffs and whole milk 250ml orange squash	Still tired after waking up early
09:00	In the car	150ml bottle chocolate milk	Calmed after tantrum
13:00	Fast food restaurant	4 chicken nuggets, small portion of chips, 4 packets of ketchup, 150ml orange juice	Happy and chatty
15:00	In the car	2 x 25g packets of cheese and onion crisps, 100ml orange squash	Neutral
17:00	At home	40g milk chocolate bar, 100ml orange squash	Neutral
19:00	At the dinner table	Tomato and onion curry sauce (leaves the chicken) White bread and butter	Refused curry and left table Came back for the bread and sauce
21:00	On the sofa	150ml bottle of milk	Tired

Complete the food diary once a month

