

Royal Hospital for Children Feeding Clinic

5 DAY FOOD DIARY

NAME:

CHI:

Please complete and bring to the clinic or post to-
Paediatric Dietitian
Dietetic Department
Royal Hospital for Children
1345 Govan Road
Glasgow
G51 4TF

INSTRUCTION FOR RECORDING DAILY INTAKE

- Write down everything your child eats and drinks for 3 days, if possible include 2 weekdays and 1 weekend day.
- It is very important to record the amount of food and drinks taken. Please could you record quantities in household measures as accurately as possible. For example: 2 teaspoons sugar, 1 small slice bread, 1 cup of tea with 1 tablespoon semi skimmed milk.
- Describe the foods and drinks taken as accurately as you can. For example state how the food is cooked e.g. grilled, fried, boiled. State the type of food e.g semi skimmed or full cream milk, wholemeal or white bread.
- Where possible state the brand names of manufactured foods e.g. Cadbury's chocolate buttons, Heinz baked beans etc. Also state if sugar, butter, margarine etc is added to meals and if so how much is added.
- Write down the time you start feeding your child and how long each mealtime and snack time takes.
- Write down where the meal/snack is eaten (at the table, in feeding chair etc.)
- Please send your child's food diary to school/nursery/childminder etc if your child attends on the days you are keeping the diary.
- If your child takes any dietary supplements, vitamin supplements and/or tube feeds, please remember to record these in the diary.
- Please use a new page for each day.

RECORD OF DAILY INTAKE

DATE-

Time (Time feeding started and finished)	Place	Food Offered (Type of food and amount)	Amount Taken	Any Problems?

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