Food diary



Keeping a food diary can be useful in several ways. It can help you to think about what your child normally has to eat and his/her typical pattern of meals and snacks throughout the day and if there are any patterns.

It can help you to think about which changes (if any) you would like to make to your child's diet.

The food diary can also be used to check that your child is getting all the nutrients he/she needs in their diet, e.g. vitamins, minerals, protein, fibre.

The food diary is best filled in soon after eating and drinking, rather than trying to remember a whole day in the evening. Below are the areas to record.

Time

When the food was eaten

Description of food and liquids

Try to describe what your child eats as clearly as possible. Write down anything he/she does not ea as well, e.g. jacket potato (no skin), fried fish (no batter).

Amount of food and liquid

You do not need to weigh food, but give household portions instead, e.g. small bowl of porridge, 1 tablespoon of peas or packet of crisps.

However, if you do know the weight of the food because it is written on the packet/tin, put that down too), e.g. 8oz bottle of SMA milk.

Notes – jot down things that are differen

- Where did they eat? In the living room
- Who was there? Mum brother
- How did people around respond to the person eating the particular food? – Mum praised, brother had no reaction
- Were there any environmental factors? Radio was on in the background
- How long did the meal take? Could parents sit with the YP'
- Does the child eat differently in other environment? Like nursery or school?

FOOD DIARY

DATE/ TIME	DESCRIPTION OF FOOD OR LIQUID	AMOUNT CONSUMED	NOTES
E.G. 8 AM	WEETABIX WITH MILK 1/2 SLICE OF TOAST WITH SCRAPING OF BUTTER	1 WITH 1/4 PINT MILK 1/4 SLICE	KITCHEN – RUSH TO GET TO SCHOOL