Preston Ridge Pediatric Associates, P.C.

Food Diary

- Please record all foods and beverages as they are consumed.
- Record amount, method of preparation, (baked, fried, etc), and any condiments such as ketchup, mayonnaise, butter, etc.
- Record all between-meal snacks and drinks.
- Record where the child is eating and what is going on around him/her. For example, 1 cup cheerios, 6 oz. skim milk at the kitchen table, or 1 inch slice of chocolate cake with 4 oz. of vanilla ice cream at a birthday party.
- For infants, be sure to include formula type and amount.
- Attach additional pages as needed for three days.

Date	Time	Food	Amount	Location and Circumstance