Food Intake Record

Instructions

- The food intake record should reflect your child's usual eating habits.
- Write down everything that your child eats and drinks over a day from waking up to going to sleep. This includes snacks, water and other drinks, medications, vitamin and mineral supplements. It is useful to write this down after every meal, while it is still fresh in your mind.
- If you need to record more than one day's intake, simply copy the blank form for as many days as you need.
- Include food intake on a weekend day if 3 or more days of record is needed. Record any comments e.g. social events, dining out, travel etc.
- Use a new line for each food or drink.
- Record each food individually, e.g. a tuna sandwich might be two slices of white 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, e.g. Arnott's Milk Arrowroot® biscuit.
- Don't forget to include any sauces, mayonnaise or gravies that are used.
- Remember to record only what your child eats, not what you serve.

Food intake record

An activity idea to help the whole family 'Blast Off!' to better health.

Name:		
Date:		Day:
Time:	Amount:	Food/Drinks (Give detailed description and brand names where possible)