portland pediatric nutrition

# Food Journal

Directions: In order to analyze your child's nutition intake, we need the following information. Please record everything your child eats or drinks over a three day time period. The more specific the information regarding brand names of food items, the more accurate the analysis will be.

Child's Name: Date:

| Time | Solid Food | Beverage | Amount |
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## Helpful Hints

Whole Thumb- 1 TB
Palm of hand/deck of cards= 3-4 oz
Fist = 1 Cup
1 egg= 1 oz of meat
Handful = 2 oz