



Food Journal- 0-3 years

Directions: In order to analyze your child's nutrition 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	Breastfeeding/Formula Indicate which one and either time or volume	Solid Food	Amount

Helpful Hints

Whole Thumb- 1 TB

Palm of hand/deck of cards= 3-4 oz

1 egg= 1 oz of meat or $\frac{1}{4}$ cup

Tennis ball= $\frac{1}{2}$ cup