



## 3 DAY FOOD DIARY - PEDIATRIC

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**NOT A PERMANENT PART OF PATIENT'S MEDICAL RECORD**

### INSTRUCTIONS

Your dietitian will also tell you more information.

#### How to use this food diary:

1. Pick 3 days to track. Try to pick days that you are eating and drinking what you normally would. You may want to pick 2 school or week days and one home or weekend day (Saturday or Sunday).
2. Be honest. List everything you eat and drink during the days you are tracking.
3. Keep this diary with you on these days.
4. Complete the diary after every meal, drink or snack.
5. Give as much detail as possible to show:
  - a. How much you ate or drank.  
**For example:** Teaspoons, tablespoons, cups or pints; can size; small, medium or large portion.
  - b. What you ate or drank.  
**For example:** Brand names or ingredients of composite meals (or cut out the ingredients list).  
Type of milk: skimmed, semi-skimmed or full fat; fried, steamed, boiled, roasted, fresh, frozen, canned or dried food.
6. Write down any unusual symptoms or events in the day





