

### 3 Day Food Record

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Directions:** List everything your child eats AND drinks for three days. Be very specific and include brand names, amounts consumed and preparation. If you eat a mixed food, list the ingredients and amounts. Do not assume the person analyzing the diet will know what your child ate. Some common mistakes to avoid:

1. Using “bites” and “handfuls” to describe amounts. Instead, describe the size of the bite or handful with measurements such as teaspoon, tablespoon, ¼ cup, ½ cup.
2. Not fully describing the item such as just putting “milk” down. We need to know if it was whole milk or skim milk and if there was flavoring or anything else added (ie 1 Tbsp Hershey’s chocolate syrup in 8 oz whole milk).
3. Only documenting “fruit” or “veggie”, especially when reporting baby foods. It should be written as “ 1 stage 2 jar Gerber blueberry apple” OR “2 Tbsp stage 1 Gerber applesauce”.

**PLEASE FAX FORM BACK TO 404-256-5475 OR MAIL TO: GI Care For Kids, 993-D Johnson Ferry Rd Ste 440, Atlanta, GA 30342**

**Incorrect Sample:**

Time	Amount	Detailed Food Description
8:00	Sippy cup	Milk with cream
	Bowl	oatmeal
10:30	Cup	yogurt
1:00	1 cup	Mashed potatoes, chicken, peas

**Correct Sample:**

Time	Amount	Detailed Food Description
8:00	4 oz	Whole milk
	1 Tbsp	Heavy cream
	½ cup	Quaker instant oatmeal- low sugar maple and brown sugar prepared with 3 oz whole milk and 1 Tbsp butter
10:30	4 oz	Yoplait light blueberry yogurt
1:00	2 oz	Grilled chicken
	½ cup	peas
	½ cup	Mashed potatoes with 1 tsp butter

Day 1- Date\_\_\_\_\_

[illegible]

Day 2- Date \_\_\_\_\_

[illegible]

Day 3- Date\_\_\_\_\_

[illegible]