

Food Log Sheet

- Before your initial nutrition appointment, keep a diary of everything your child eats for three days. Record 2 days during the week and one day on the weekend. Be sure to be as specific as possible. For the best accuracy, write down your child's intake as close to the time he/she eats. Include specifics about portion size, food description or how the food was prepared.
- Remember to bring your food log to your child's first nutrition appointment.

Example of how to complete the Food Log:

Name:		Day/Date:	
Food Intake Log			
Time/Place	Food Item and amounts	Hunger Scale (1-10)	Pace of Eating*
7:00am/ Kitchen table	1 Egg scrambled with 2 tbsp 1% milk & cooked with 2 tsp butter 1 slice white bread w/ 1 tsp butter and 2 tsp of grape jelly 4 oz Calcium & Vitamin D fortified OJ	8	Medium
11:30am/ School	Ham & cheese sandwich (1 slice each), with 1 tsp mayo, ½ large pita pocket 2 Oreo cookies 1 carton low fat chocolate milk	7	Fast
1:00pm/ School	6 Ritz Crackers and Capri Sun drink pouch	5	Medium

The hunger scale

A helpful way to assess hunger is to use the hunger scale. The principle is simple: you rate hunger on a scale from 1-10 (1 is completely full, and 10 is starving hungry).

Hunger Scale									
1	2	3	4	5	6	7	8	9	10
Not hungry			Getting hungry		Hungry			Starving	

*For Pace of Eating, select one of the following: Slow, Medium or Fast

Name:

Day/Date:

Food Intake Log

Time/Place	Food Item and Amount (be specific)	Hunger Scale (1-10)	Pace of Eating
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Name: _____ Day/Date: _____

Food Intake Log

Time/Place	Food Item and Amount (be specific)	Hunger Scale (1-10)	Pace of Eating

Name:

Day/Date:

Food Intake Log

Time/Place	Food Item and Amount (be specific)	Hunger Scale (1-10)	Pace of Eating
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