FOOD INTAKE LOG Fill out <u>three</u> days of food records, one sheet for each day. Under the column "Amount Consumed", do not use words like "pieces", "bites" or "sips". Instead use teaspoons, tablespoons, cups, or ounces. Under "Description", include the brand name of the food if it is a pre-made/packaged item.

 Date & Day of Week:
 Was child ill on this day? Y/N
 Vitamin/Mineral

 supplements taken:
 G-Tube feedings – if applicable

 (name formula, feeding schedule, volume of each feeding, and water flushes):

Formula Recipe – if applicable (*example*: 6 scoops Enfamil Lipil powder + 10 ounces water):

Day's intake considered:
□ Typical for Child
□ More than Usual
□ Less than Usual

DAY 1 Time	Place food was consumed (home, school, restaurant, etc)	Food, Beverages (Meals and Snacks)		Amount
		Food/Beverage Item	Description (include <u>Brand</u> name of food)	Consumed
<i>Example</i> 8 am	home	cereal	Cheerios	2 TBSP
		milk	2%	1 oz

DAY 2				
Time	Place food was consumed (home, school, restaurant, etc)	Food, Beverages (Meals and Snacks)		Amount
Time		Food/Beverage Item	Description (include <u>Brand</u> name of food)	Consumed

Place food was	Food, Bevera	Amount	
consumed (home, school.	Food/Beverage Item	Description (include <u>Brand</u> name of food)	Consumed
restaurant, etc)			
	consumed (home, school,	consumedFood/Beverage(home,Itemschool,Item	consumed (home, school,Food/Beverage ItemDescription (include Brand name of food)