

Feeding Behavior and Energy Balance of Infants with CHD

Instructions for Weighing and Recording Food and Liquid Intake 0-3 month olds

To evaluate your infant's diet please record everything your infant drinks for **3 days**. All fluids (formula, breast milk water, juice) that your infant has should be listed on the sheets provided (use one sheet for each day).

If you have any questions please call the team at (215) 898-3216.

For Measuring Intake

- ◆ Breast fed infants: We would like you to weigh your child before and after each feeding. Please remember to:
 - ◆ Record the time each feeding begins and ends.
 - ◆ Weight the child in the same clothes or blankets each time.
 - ◆ DO NOT change diapers.
 - ◆ Make sure the scale is zeroed before weighing.
 - ◆ Write down all 4 numbers in the weight
- ◆ Bottle fed infants: include all liquids given in a bottle
 - ◆ Make sure the scale is zeroed and weighing in grams.
 - ◆ Weigh the bottle with formula before and after each feeding.

For Recording Intake

- ◆ List all fluids (formula, juice, water, etc.) and vitamin, mineral, or herbal supplements (i.e. Polyvisol, Flinstone's Complete, Centrum, Jr.), etc..
 - ◆ *TIP: Record after each feeding*
 - ◆ *TIP: Be specific (i.e. Similiac 24 with Iron; Enfamil 27, etc.).*
- ◆ List how much of the fluid your infant has taken.
 - ◆ **TIP: List only the amounts your child drank, not the whole amount you put in bottle by weighing the bottle containing formula before and after each feed.*

Return completed forms in envelop provided to: