

Instructions for Recording Food Eaten for 3 Days 6-12 month olds

In order for your child's diet to be evaluated, please record everything your child eats or drinks (formula, water, juice etc.) for 3 days. All foods and drinks that your child has should be listed on the sheets provided (use one sheet for each day). If you have any questions regarding the sheets, please feel free to call the team at (215) 898-3216.

For Measuring Fluid 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 or cup
 - ◆ Make sure the scale is zeroed and weighing in grams.
 - ◆ Weigh the bottle with formula before and after each feeding.

For Measuring Food Intake

- Measure all foods, snacks, food extras (margarine, butter, oil), and vitamin, mineral, or herbal supplements (i.e. Polyvisol, Flinstone's Complete, Centrum, Jr.), etc..
- Use the following tools:

Measuring Spoons	Measuring Cup
jelly	Liquids
Jam	Baby food
Sugar	Solids (i.e. pasta)
Gravies	Cereal and vegetables
Butter	

For Recording Intake

- ◆ List all fluids (formula, juice, water, etc.) and foods including vitamin, mineral, or herbal supplements (i.e. Polyvisol, Flinstone's Complete, Centrum, Jr.), etc..
 - ◆ *TIP: Record after each feeding*
 - ◆ *TIP: Be specific (i.e. Similac 24 with Iron; 2% Milk, Rice, etc.).*
- ◆ List how much of the fluid your infant has taken.
 - a. **TIP: List only the amounts your child drank or ate, not the whole amount you put in bottle or on the plate*
- Use food labels to give name brands of foods and to help with serving sizes. Include the name of all fast food chains your child ate at (i.e. McDonald's, Wendy's, Burger King, Dunkin Donuts, etc). Note size- $\frac{1}{4}$ lb, super size, etc..