

### Instructions for Keeping A 3-Day Food Record For your Child

1. Please take the time to record everything your child **eats and drinks** for 3 days.
2. The 3 days **do not** need to be consecutive, but please choose “typical” days that reflect your child’s usual eating habits.  
*For example, avoid recording on days when your child is sick, travelling, or attending a birthday party.*
3. If your child attends preschool or daycare, try to include at least one **weekend** day.
4. Please **measure or estimate** the amounts your child eats and drinks.  
*For example, ¼ cup of noodles or 1 cup of milk.*
5. Include as much detail as possible — such as condiments used, the type of bread (whole wheat or white), or other specifics.
6. Please also include the times your child eats and drinks.  
**Here is an example:**

| Time   | Item                             | Amount   | Other Information     |
|--------|----------------------------------|----------|-----------------------|
| 7:00am | Whole wheat toast with margarine | ½ slice` | Didn’t eat the crusts |
|        | Whole milk                       | 1 cup    |                       |
|        | Blueberries                      | ¼ cup    |                       |
|        | Cheddar cheese                   | 2 slices |                       |
|        |                                  |          |                       |

Three blank food records are included for you to fill in.

Note that emails may not come through immediately.

Please try to send the food record **at least 1 day before your appointment.**

**Food Record For:** \_\_\_\_\_ **Date:** \_\_\_\_\_

[illegible]



