



Children's National Feeding Disorders Program

Food Record Form

Please include:

- Brand names of foods and beverages
- Amount of food in cups/weight/pieces (look at nutrition label to see how one serving size is measured, if food is packaged)
- List if it is cooked or uncooked when measuring
- Protein sources like fish/chicken/beef should be listed in weight or, alternatively, measurement (e.g. "1 inch by 1 inch piece of chicken breast")
- List if any food was cooked in oil/butter and amount of oil/butter used
- Vegetables/fruits/grains can be listed in cups or weight
- List type of food (e.g. white bagel, wheat bagel, etc.)
- If using a recipe (e.g. pancake mix) please list ENTIRE recipe and total number of servings from the recipe
- Names of restaurants/carry-out/delivery if food not prepared at home

Patient Name:_____

MRN:_____

Date of Birth:_____

Date:

SAMPLE PAGE

Time	Food and Drinks Offered <u>*Please include brand names (or names of restaurants/carry-out/delivery if food not prepared at home), amount of food in cups/weight/pieces (look at nutrition label to see how serving size is measured for each food), types of food (e.g. white bagel, wheat bagel, etc.) as well as ENTIRE recipes used that include total number of servings</u>	Food and Drinks Actually Consumed	Measurement (e.g. weight in grams using scale, measuring cup)
7:30 AM	1 cup Fage whole-milk yogurt	½ cup	Measuring Cup
	1 cup Blue Diamond Almond Milk Vanilla	1 cup	Measuring cup
	40 grams raw blueberries (or ½ cup blueberries)	40 grams (1/2 cup)	Weight/measuring cup
11:30 AM	2 pieces Arnold Whole-Wheat Bread	2 pieces	Counted
	2 tablespoons Jiffy peanut butter	2 tablespoons	Tablespoon (using a measuring spoon)
	2tablespoons Smuckers strawberry jelly, regular	2 tablespoons	Tablespoon (using a measuring spoon)
4:30 PM	1 Kind chocolate and peanut butter bar	1 bar	Counted
7:30 PM	½ cup (cooked) white basmati rice	½ cup	Measuring cup
	3 ounces chicken cooked in 1 tsp oil/ 2.5 inch by 2.5 inch piece	2 ounces	Weight for chicken, teaspoon for oil

