111 Michigan Ave NW
Washington, DC 20010-2916
ChildrensNational.org

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Nutrition & Growth

3-Day Diet Record

A 3-day diet record is a tool that can help give us an idea of your child's usual intake, so we can estimate the total calories consumed, including the amount of fat, carbohydrate, protein, and micronutrients in the diet.

Directions:

Record all the food and beverages that you eat or drink over 3-consecutive days. It is best to choose 2 weekdays, and 1 weekend day (e.g. Thursday, Friday, Saturday). It is important to try **not** to change your usual eating habits. To complete this 3-day diet record, try your best to record **the exact food or beverage** consumed, and **the amount** of each food or beverage consumed (oz, teaspoon, Tablespoon, cup(s), 1 serving, 1 item, etc.).

- Include the brand names of food and beverages, or the name of the restaurant that you purchased the food/beverage.
- For dairy products, make sure to specify whether the food/beverage is non-fat, low-fat, reduced fat, 1%, 2%, whole milk, etc.
- Check packaged foods for food labeling such as "fat-free," "reduced-fat," "sugar-free," "low-sodium," "whole grain," "gluten-free," "vegan," "dairy-free," and others.
- Include how the food was cooked (grilled, baked, fried, etc.).
- Include whether food was cooked using oil or butter.
- If a recipe is prepared at home, please attach a copy of the recipe used (a photograph, a URL link, or written by hand).
- See "A handy guide to serving sizes" at the back of this packet for help estimating serving sizes by using your hand.

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Sample

Day 1: Thurs, Aug 22

Day 2: _____

Day 3: _____

Time	Food or Beverage Description	Amount Consumed	Location
7:15 am	Eggo whole grain waffles, blueberry	2 waffles	home
	Trader Joes peanut butter, salted	1 Tablespoon	
	Smucker's strawberry jam	1 teaspoon	
	1% milk	4 oz	
11:30 am	Salted pretzels	1 oz (1 serving)	Car – packed snack
	Wegmans roasted garlic Hummus	2 Tablespoon	
	Grapes	½ cup	
	Cantaloupe	½ cup	
1:30 pm	Wegmans 10 inch wrap multigrain w/ flax	½ wrap	At the pool
	Chicken deli-meat	2 slices	
	Provolone cheese	1 slice	
	Spicy mayo	0.5 teaspoon	
	Spinach, raw	½ cup	
	KIND nuts and chocolate bar	1 bar	
6:30 pm	90% lean ground beef w/ taco seasoning	1 cup	home
	Canned black beans, cooked	2 Tablespoon	
	Shredded Mexican cheese blend	¼ cup	
	Avocado, black	½ -avocado	
	Guerrara tostados	2 -tostados	
	Peppers & onions sauteed in oil	½ cup	
	1% milk	4 oz	
8:30pm	Haagen-Dazs chocolate, vanilla ice cream bar	1 bar	home

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My Three-Day Food Record

Patient Name:

Date of Birth:

Please complete and send to Ms. Lauren Pavone and Dr. Neera Gupta in the patient portal AT LEAST 1-2 weeks prior to your scheduled appointment.

****If not enrolled in the patient portal, please use the following link to sign up:**
https://www.childrensnational.org/get-care/patient-portal

Day 1: _____

Day 2: _____

Day 3: _____

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Handy Guide to Serving Sizes

Learn how to use your hand to estimate serving sizes and compare them to the food portions you eat.

Vegetables and Fruit: Aim to eat 3-4 servings of Fruits and 5 servings of Vegetables each day. Here's what a serving looks like.

Fresh, frozen or canned vegetables
1/2 cup = 1/2 fist

Leafy vegetables
1 cup = 1 fist

Whole fruit
1 fruit = 1 fist

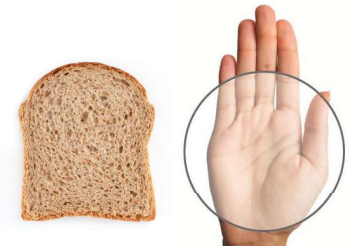
Fresh, frozen or canned fruit
1/2 cup = 1/2 fist

Dried fruit
1/4 cup = Cupped hand

100% fruit juice
1/2 cup = 1/2 fist

Grains: Aim to eat 5-6 servings of Grains each day. Choose whole grains at least 50% of the time! Here's what a serving looks like.

Bread
1 slice = Size of hand



Bagel
1/2 small bagel = Size of hand

Rice
1/2 cup = 1/2 fist

Pasta
1/2 cup = 1/2 fist

Cold Cereal
1 cup = 1 fist

Adapted from EatRight Ontario

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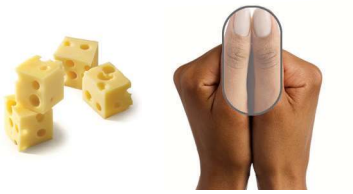
Dairy: Aim to get 3 servings of Dairy each day. Here's what a serving looks like.

Milk or fortified soy beverage
1 cup = 1 fist

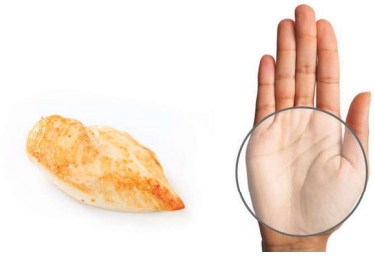
Yogurt
3/4 cup = 1 fist

Cheese
1½ oz = 2 thumbs

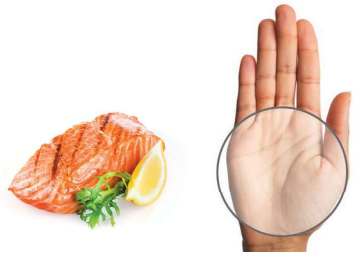


Protein Foods: Aim to eat 2 to 3 servings of protein foods each day, focusing on lean sources like poultry, seafood, and beans. Here's what a serving looks like.

Meat and Poultry
2½ oz = Palm of hand



Fish
2½ oz = Palm of hand



Peanut butter
2 tbsp = 2 thumbs

Nuts and seeds
1/4 cup = Cupped hand

Legumes
1/2 cup = 1 fist

Oils: Aim for no more than 2 Tbsp OR 6-7 tsp of oil each day. Choose healthy unsaturated fat sources like oil,s, olives, nuts and avocado. Here's what a tbsp and tsp look like.

Margarine or butter
1 tsp = 1 thumb tip
1 tbsp = 1 thumb

Oil
1 tsp = 1 thumb tip
1 tbsp 1 thumb

Mayonnaise
1 tsp = 1 thumb tip
1 tbsp = 1 thumb

Adapted from EatRight Ontario