

Keeping an Accurate Food Record

The purpose of keeping a food record is to see how well a child's diet is meeting recommendations for calorie and nutrient intake. An accurate and complete food record consists of three main parts:

1. food eaten or beverage consumed
2. method of food preparation
3. measured amounts of foods and beverages

FOOD EATEN OR BEVERAGE CONSUMED --- A full description of each food should be written. To best describe a food, brand names and % fat may need to be included.

Examples:

- milk --- include the type of milk, such as skim, 1%, 2%, whole, chocolate, buttermilk
- cookie --- include the type of cookie and name brand, such as chocolate chip, Chips Ahoy®
- bread --- include the kind of bread, such as whole wheat, white, rye, cornbread, dinner roll, and whether or not the bread is regular or low calorie.
- fruit --- include the type of fruit --- fresh, frozen, or canned (light syrup, heavy syrup, natural juices)
- meats --- include the cut of meat, such as leg, thigh, breast, loin, ground round, etc.
- cola --- include the type of cola such as diet or regular

If a food item has more than one component, all components should be listed in the other food items added column.

Examples:

- taco --- hard taco shell, 1 oz. ground chuck, taco sauce, lettuce, sharp cheddar cheese, low fat sour cream
- sandwich --- two slices regular whole wheat bread, 2 oz. Hormel® 98% fat free ham, light mayonnaise

METHOD OF FOOD PREPARATION --- The cooking method used should be specified, such as baked, broiled, grilled, boiled, roasted, or fried, etc. Be sure to include the type of fat used, such as shortening, oil, margarine, non-stick spray, etc.

MEASURED AMOUNTS OF FOODS AND BEVERAGES --- Measure foods in ounces, cups, tablespoons, teaspoons, etc. Use the common serving size sheets to help you estimate amounts.

If you have any questions about keeping a food record, please do not hesitate to call:
