EAST TENNESSEE
Children's
Hospital

Name: _____

3 Day Food Log

In order to provide an accurate diet record it is important to follow these guidelines:
Specify the type of food whenever possible (brand names, % milk, etc.)
Pizza --> 1 slice, medium Pizza Hut, cheese pizza; crackers ---> graham crackers
Describe how the food was prepared (grilled, fried, scrambled, 1 tsp oil added, etc.)
Chocolate milk ---> whole milk w/ 2 TBS chocolate sryup; Sandwich ---> 1 slice bread w/ 1 TBS peanut butter
Try your best to record each meal/snack after it is eaten, it is much more accurate this way *Send food record 2 weeks prior to appointment *
After completion of your food record, a nutrient analysis will be completed by a dietitian
****SEE SAMPLE BELOW****

Mealtime (time of day)	Type of food (Include preperation - fried, baked, oil added, etc.)	Brand Name (If applicable)	How much consumed (Please use measrements 1 cup, 1 tsp, 2 oz package, etc.)	Place H = Home R = Restaurant S = School	Comments
DATE: 01/01/01	Day 1				
7:30 a.m.	Whole wheat toast	Oroweat	1 slice		
	Strawberries		4 items	H	With 1 tsp butter
	Yogurt, vanilla	Yoplait original	4 oz		
	Water		4 fl oz		
10:00 a.m.	Apple juice	Minute Maid	200 mL	S	
	Crackers, cheddar	Goldfish	1/2 cup		
	String Cheese		1 item		
12:00 p.m.	Mac & Cheese (2oz)	Kraft Easy Mac	50%	S	
	Mixed fruit cup, in 100% fruit juice	Del Monte	1 fruit cup		
	Carrots, baby		6 items		
	Milk (2%)		6 oz		

Form No. 33756 (03/2024)

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DATE:	Day 2				

Children's Hospital

Name: _____

3 Day Food Log

Mealtime (time of day)	Type of food (Include preperation - fried, baked, oil added, etc.)	Brand Name (If applicable)	How much consumed (Please use measrements 1 cup, 1 tsp, 2 oz package, etc.)	Place H = Home R = Restaurant S = School	Comments
DATE:	Day 3				