

DAILY FOOD LOG

This is a daily log of your child's eating habits. It helps you and us keep track of and understand your child's eating habits.

It is used to provide us with information about

- the types of food/liquids your child consumes (e.g., textures, brands, food groups)
- the amount of food your child eats at each meal
- the timing, length, and frequency of meals/snacks
- how the food is prepared

You can provide additional comments about:

- bowel movements
- urination
- use of distractions (e.g., iPad)

A Food Log can help us track:

- food variety
- food allergies
- food reactions
- gastrointestinal symptoms

TO DO

- Log food for at least 3 days
- Include as much detail as possible about the food
 - Brand
 - Colour
 - Shape
 - If food preparation impacts acceptance
- Log with who and where your child ate

DAILY FOOD LOG

DATE:

TYPE OF
FOOD

AMOUNT OF
FOOD

FOOD
PREPARATION

TIME, DURATION,
LOCATION

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DAILY FOOD LOG

DATE:

TYPE OF
FOOD

AMOUNT OF
FOOD

FOOD
PREPARATION

TIME, DURATION,
LOCATION

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DAILY FOOD LOG

DATE:

TYPE OF
FOOD

AMOUNT OF
FOOD

FOOD
PREPARATION

TIME, DURATION,
LOCATION

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DAILY FOOD LOG

DATE:

TYPE OF
FOOD

AMOUNT OF
FOOD

FOOD
PREPARATION

TIME, DURATION,
LOCATION

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DAILY FOOD LOG

DATE:

TYPE OF
FOOD

AMOUNT OF
FOOD

FOOD
PREPARATION

TIME, DURATION,
LOCATION

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DAILY FOOD LOG

DATE:

TYPE OF
FOOD

AMOUNT OF
FOOD

FOOD
PREPARATION

TIME, DURATION,
LOCATION

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK

DAILY FOOD LOG

DATE:

TYPE OF
FOOD

AMOUNT OF
FOOD

FOOD
PREPARATION

TIME, DURATION,
LOCATION

COMMENTS

BREAKFAST

SNACK

LUNCH

SNACK

DINNER

SNACK