

## Food Record Instructions

### 1) Quick pass:

Ask parent to read the food record they have kept over the weekend.

### 2) Review of potential missing items:

- a) If missing a meal, ask about it
- b) Question if there are any more meals or snacks that they remember which were not recorded,
- c) Review missing food categories list:
  - “I’m going to list some foods that people tend to forget to record.”
  - Anything else to drink, like right before bed? Between meals?
  - Salty snack type foods, like crackers, chips, pretzels?
  - Sweet foods, like cookies, graham crackers, fruit snacks
  - Cheese added as a topping on vegetables? A sandwich?
  - Yogurt?
  - A handful of cereal, nuts, or other small between-meal bite?

### 3) Detail cycle:

Ask for more description in the detail section.

- brand names
- preparation method
- additional ingredients used in preparation
- specifics within the category (i.e. low-fat version? Packed in syrup/juice, etc.)

### 4) Final probe/review:

Repeat days entry including additional information obtained through review and detail section.

**For internal use:**

Mark as adequate:

1. Was this a Recall\_\_\_\_\_ or Record\_\_\_\_\_
2. Was this a reliable assessment Yes\_\_\_\_\_ Not\_\_\_\_\_
3. Did the child stay with the mother/caregiver during the day of the reported food record?  
Yes\_\_\_\_\_ Not\_\_\_\_\_

If not, what part of the day the child stay whit his/her mother/caregiver?

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4. Comments:

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## Food Record

- ☼ Keep a record of everything your child eats or drinks over the weekend.
- ☼ Write down what time the food was eaten.
- ☼ Include all meals, snacks, and nibbles. B=breakfast, L=lunch, D=dinner, S=snack
- ☼ Write it as soon as possible. Food items are hard to remember later.
- ☼ Describe everything about the food, such as brand, variety, preparation method. For example, if your child drank milk, was it skim, 1%, 2%, or whole? Was an item fresh, frozen, or canned?
- ☼ Remember to write all ingredients in a food you cook or make, such as oil used to fry an egg, mayonnaise on a sandwich, butter on bread.
- ☼ Describe how a food was cooked: baked, boiled, steamed, fried, stir-fried, poached, grilled, toasted, broiled, micro waved, ....
- ☼ Include all added ingredients: sauces, spreads, syrup, sugar, butter, cooking oil, jelly....
- ☼ Write down the amount eaten or drunk. Use the cups provided for drinks, by writing the color of the cup. Use the cups as a guide for other foods as well, or use the attached serving size guide.

## Example

Time	Meal B, L, D, S	Where Eaten	Food Item	Details / Description (brand name, how prepared, etc)	Amount
11:30	L	home	Spaghetti O's	Can, Chef BoyRD, microwaved	1.5 cups
			apple	Fresh, raw	1/2
			Fruit punch	Capri Sun	Pink glass - all
3:00	S	friend	Graham crackers	Nabisco, cinnamon 2 inch X 2 inch squares	3
			milk	2%, Stop & Shop	Blue glass – 2/3
5:30	D	home	Chicken thigh	Baked, skin on, ate skin	1
			rice	Goya, white	1/3 cup
			carrots	Stop & Shop, fresh, boiled	3 Tbsp
			margarine	Promise, on carrots and rice	1 tsp
			water	From tap	Pink glass – 1/2

# Serving Size Guide

The diagram illustrates hand-based serving size guides. It features two hands: a clenched fist on the left and an open palm on the right. Various colored dashed lines and circles are drawn on the hands to indicate specific measurements. A blue dashed box encloses the fist. A green circle covers the palm. An orange dashed line follows the length of the index finger. A red dashed line shows the diameter of the thumb. A purple dashed line shows the volume of the thumb. A pink dashed line shows the volume of the thumb tip.

- FIST Volume
- One cup
- 2 Servings of cooked vegetables, pasta
- PALM of hand
- 100 g (3 oz) meat, fish, poultry, 1 to 2 servings
- Covered with nuts, snack chips, 1 portion
- FINGER Length
- Diameter of 1 fruit serving (tennis ball)
- THUMB-TIP
- 1 tsp, 5 mL
- THUMB volume
- 2 tbs, 30 mL, 1 fl oz
- 1 serving of peanut butter (2 portions)
- 1 ozw, 28 g
- 0.5 serving of cheese

## Checklist

Type of Food	Did you write....
All	Amount eaten? Use cup tablespoon, teaspoon, ounce, or other measure? Use size (like inches) or weight.
Cereal	Serving size? Brand? If hot, instant, quick, whole? Remember additions, like fruit, sugar, milk, or nuts.
Baked Goods	Homemade or bought? From scratch or mix? Brand? Frosting? Include size (inches).
Bread	Type (white, potato, whole wheat, 7-grain, etc). Anything added, spread?
Drinks	Brand? Amount? Color cup? Diet? If juice, frozen or canned. 100% juice? Powdered or liquid? Sweetened? Flavored?
Eggs	How prepared? Added fat/oil? Size egg?
Fats and Oils	Brand? Type (soy, canola, olive, corn, shortening, butter, etc) Stick, tub, diet, whipped, squeeze, or liquid?
Fruit	Fresh, frozen, canned, or dried? Brand? Peeled? Size (small, medium, large)?
Meat, Poultry, Fish	Cooked weight or size. How cooked? Added fat? Type of cut? Regular, lean, extra lean? Water or oil packed tuna? With or without skin? Breaded or battered?
Milk, Cheese, Yogurt	Amount? Skim, 1%, 2%, or whole? Powdered or liquid? Percent fat? Type of cheese? Milk substitute? Ice milk or ice cream? % fat?
Mixed Dishes	Homemade or bought? Brand? Ingredients (meat, noodles, cheese, etc) and amounts? Cooking method? Added fat? If pizza, thick or thin crust? Toppings?
Restaurant Meals	Name of restaurant? Ethnic, deli, family style, fast food?
Sandwiches	Type and amount of bread/bun/roll, meat, cheese? Amount and type of additions (mustard, mayonnaise, butter, ketchup, etc). Lettuce, tomato, onion, pickles, etc
Snacks	Brand, size, weight, number eaten?
Vegetables	Serving size? Fresh, frozen, canned? Brand? Cooked? Sauce, cream, or other additions? Salad dressing?

# Child Food Record

Date \_\_\_\_\_

Time	Meal B, L, D, S	Where Eaten (Home, Work, School, Relative, Restaurant, Other)	Food Item	Details / Description (brand name, how prepared, etc)	Amount Eaten

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