

Growth and Feeding Program

Food Intake Record

Instructions

- Record your child's food intake for 3 different days. Include 1 weekend day (Saturday or Sunday).
- Note the time of each meal and snack.
- Write down all meals, snacks and fluids taken by your child. Include how the food was prepared (e.g., fried, baked, etc.) and the brand name.
- Record the food and fluid amounts in teaspoons, tablespoons, cups, ounces etc.
- Note anything that was happening during the meal or snack, such as who was present, where the feeding took place and what your child was doing. Include who fed your child or if they fed themselves.

Time	Food or drink	Amount offered	Amount eaten	Where	Notes (With whom? What was your child doing?)
8 a.m.	Examples 4 oz orange juice, tippy cup	4 oz.	2 oz.	Kitchen	With Mom, sister
	Eggo frozen waffle	1 waffle	¾ waffle	Table, in highchair	Feeding self
	Margarine (Soft-spread Parkay)	1 tsp	1 tsp	"	
9 a.m.	6 oz. PediaSure from can		6 oz.	Living room, walking around, watching TV	Vomited 2 oz.

Patient name: _____

Date: _____ Day of the week: Mon Tue Wed Thurs Fri Sat Sun (circle one)

Time	Food or drink	Amount offered	Amount eaten	Where	Notes (With whom? What was your child doing?)

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To Learn More

- Growth and Feeding Program
206-987-5120
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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