

HOW TO USE THE NUTRITION FOOD JOURNAL

Take a time out from asking your child to eat. For the next week share some meals with your child. Allow your child to choose foods from a larger bowl or plate that you are sharing. Serve at least ONE food your child likes and several others that you like. (It's OK if your child refused these foods in the past.) Do not comment or respond in any way (positive or negative) to the choices your child makes about whether to put these foods on a plate or in his or her mouth.

Journal Components	Explanation	Importance
Portion Size	<p><u>Palm size</u> – Protein – or other solid mass like pizza.</p> <p><u>Handful size</u> - Carbohydrates or scatter food like beans.</p> <p><u>The last digit of the thumb</u> – Fats or sweets, like butter and jelly.</p>	<p>Our stomachs are the size of our fists so our hands give a reliable measurement based on our body size. (Your hand reflects your correct portion and your child's hand reflects his portion.) Keep portion sizes small because picky eaters get overwhelmed by too much food – avoid “super-sizing.”</p>
Proteins	<p>Meats, poultry, fish, eggs, dairy, soy, beans. This group includes: the strange “meat/poultry” found in breaded nuggets from a fast food chain; hot dogs; cheese on your child's pizza or macaroni; a bottle of milk; liquid dietary supplements; peanut butter; and yogurt products.</p>	<p>Proteins supply the body with essential amino acids that the body cannot make for itself. Without these amino acids our tissues break down leaving us weak, with poor resistance to disease.</p>
Fats	<p>Oils, cream, nuts, butter, lard, other animal fats. This group includes: margarine and other “butter substitutes”; cheese on pizza and macaroni; peanut butter; liquid dietary supplements; whole milk; whole milk cheeses; and ice cream.</p>	<p>Fats from animals and plants provide essential fatty acids that the body cannot make for itself. Fatty acids build the cell walls and the cells that protect our nerves (myelin). They also feed the cell components that produce energy (mitochondria).</p>
Carbohydrates	<p>Vegetables, fruits, grains, breads, pasta. This group includes: fruit juices; candy; cookies; crackers; “protein” bars; granola; canned spaghetti; macaroni and cheese; liquid dietary supplements; and pizza crust.</p>	<p>Fruits, vegetables and whole grains provide fiber, vitamins, minerals, phytonutrients and other essential micronutrients. We need these to stay healthy. Fiber keeps food moving through the GI tract and slows the absorption of sugars into the bloodstream. Beware of “added fiber that comes from cellulose, (i.e. – sawdust).</p>
Nutritional Quality	<p><u>Non-foods</u> – e.g. your child may prefer his paper napkin to steak.</p> <p><u>Sugar</u> – One of the top three ingredients; or grams of sugar outnumber grams of protein and fat in a serving size. (Fruit juices; candy; cookies; crackers; “protein” bars; granola; liquid yogurts.)</p> <p><u>Processed food</u> – Has a label with more than five ingredients including one you don't immediately recognize.</p> <p><u>Whole food</u> – Doesn't need a label.</p>	<p><u>Non-foods</u> – Figure out why your child wants to eat them.</p> <p><u>Sugar</u> – Gets into the blood stream too fast and sets off mood altering responses. Provides calories without nutrients. Juices provide plenty of sugar (fructose) with none of the beneficial fiber. Fructose without fiber gets processed like alcohol in the liver – i.e. turns to fat.</p> <p><u>Processed food</u> – Processed carbohydrates, white breads, crackers, puffed cereals and vegetables contain very little fiber or nutrients. Contains very few nutrients and often toxins.</p> <p><u>Whole food</u> – Contains macronutrients and micronutrients in a form the body recognizes and can use.</p>