

Food Journal - Nutrition

Child's Name: _____

Recorder's Name: _____ Location: _____

Food Journal

Date	What Child Eats	Portion	Protein (meat, fish, poultry, eggs, dairy, soy, beans)	Carbohydrate (fruits, vegetables, grains, breads, pasta, cereals)	Fat (butter, nuts, cream, oils, lard, fats from fish, meat, poultry)	Nutritional Quality

Nutritional Quality: 0 = non-food; 1 = sugar; 2 = processed food; 3 = whole food

Child's Hand Portion /: protein = palm size; carbs = handful size; fats/sugars = distal thumb digit