

How To: Food Records for Kids

Accurate food records are super important to our research!

This information will be used to estimate nutrient intakes in different groups of the study.

If you have questions or need help give us a call at 501-364-3309 or email us at acncstudies@archildrens.org.

Keep a record of everything your child eats and drinks for 3 days.



- Please record *1 weekend day* and *2 weekdays*.
- Select days that closely resemble your child's normal eating habits.
 - Skip sick days and record when they are back on a normal eating pattern.
 - "Normal eating habits" means what your child has been eating for the past couple of weeks.
- If your child has taken any vitamin or mineral supplements in the past month, please list the brand, dose, and frequency taken.



Every time your child eats or drinks, make a note of the following:

1. TIME, TYPE of meal and WHERE the food was eaten.
 - For example: "8:30am Breakfast at home," or "10am snack at school"



2. The AMOUNT of food your child ate.
 - You can measure your food however works best for you (measuring cups, spoons, etc.)



3. A detailed DESCRIPTION of the food.
 - Brand name
 - How the food was prepared
 - Toppings, condiments, seasonings, etc.

Examples of How to Record Dishes



- For dishes made at home, write down the RECIPE and the NUMBER of SERVINGS.
 - RECIPE = 1 can of Campbell's Condensed, Cream of Mushroom Soup Low Sodium, ½ cup of fat free milk, 1 teaspoon of soy sauce, 1 teaspoon of black pepper, 4 cups of cooked green beans, 1 cup of French's Fried Onions.
 - Recipe made 6 servings.
 - Ate ½ serving. Did not eat French's Fried Onions



- Turkey Sandwich Example.
 - 2 slices of Nature's Own 100% whole wheat bread – crust not eaten
 - 2 slices of Hormel Natural Choice smoked turkey
 - 1 slice of Kraft American cheese
 - 1 tablespoon of Hellman's Mayonnaise
 - 1 large leaf of iceberg lettuce



- For a restaurant dish, list the name of the restaurant, the name of the dish, and how much your child ate.
 - For example: Olive Garden Cheese Ravioli from Kid's Menu – ate half of serving