



Feeding and Intake Journal

“We did a food diary before. How is this different?” Standard nutrition intakes offer only a small part of the picture: it reflects WHAT and usually ignores HOW you feed. The Feeding and Intake Journal on the following page asks for far more detail, including when and where are you offering foods. What are you offering, how is the interaction going? How does it feel? What is the context? This is a great starting point and is a valuable tool as you work on your feeding relationship and see patterns with structure, what you are offering, and interactions. If you are working with one, it can also give your registered dietician (RD) or feeding therapist a good overall picture.

Instructions

Record what your child has eaten or drunk immediately after meals and snacks and in between if they are eating then. List each food on a separate line. Include conditions. When possible, list the brand name, type of milk (whole, 2%, 1% or skim), and whether the food was fresh, frozen, or canned. Specify amounts roughly in cups, tablespoons, teaspoons, and dimensions of a piece of pizza or serving of lasagna as best you can (you don't need to measure it, but try to get close). Include everything, even liquids and candy. Include at least two consecutive weekdays and one weekend day. In the notes you may wish to write where or how your child was fed or anything else you feel may be helpful for the provider to know.



Name: _____ Date: _____ Ht: _____ Wt: _____ Day 1 Day & Date _____

Meal/Snack	Time of Day	Food(s) and/or Beverage(s) offered	Amount(s) consumed	Notes