

Paediatric (children's) food diary

Name:

Date of birth:

NHS or hospital number:

Keeping a food diary

A food diary is a record of everything your child eats and drinks for several days.

You have been asked to keep a diary so that the dietitian can give you suitable advice about changing your child's eating patterns. It may also be helpful to see your child's food written down. It will help you to see more clearly the changes that you and your child may choose to make.

Remember: The more accurate the food diary the more helpful it will be to you, your child, and the dietitian

If you would like further information, or have any worries, please do not hesitate to ask your nurse or doctor.

How to keep a food diary

- Please record everything your child **eats** and **drinks** for a period of ____ days
- Try to include both weekdays and the weekends
- It will be easier if you record your child's intake throughout the day rather than at the end of the day

Remember to include:

- All **snacks** eaten between meals e.g., biscuits, crisps etc
- All **drinks** including water, squashes, juices etc

It will be helpful if you state quantities and cooking methods where possible. For example:

Grilled lamb chop (2), two slices of white bread, six tablespoons of breakfast cereal, oven chips (approx. 20), etc.

Contact us

Email: rf.therapiesbarnethospital@nhs.net

More information

For more information about nutrition and dietetics at the Royal Free London, please visit our website: www.royalfree.nhs.uk/services/services-a-z/therapy-services/nutrition-and-dietetics/

Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email rf.communications@nhs.net.

Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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Your food diary

Date:	Food and/or drink consumed	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		

Date:	Food and/or drink consumed	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		

Date:	Food and/or drink consumed	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		

Date:	Food and/or drink consumed	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		

Date:	Food and/or drink consumed	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		

Date:	Food and/or drink consumed	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		

Date:	Food and/or drink consumed	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		

Date:	Food	Comments
Before breakfast		
Breakfast		
During the morning		
Lunch		
During the afternoon		
Evening meal		
Evening snacks		