

## Feeding and Intake Journal

*“We did a food diary before. How is this different?”* A standard nutrition intake form offers only a small part of the picture. It reflects WHAT and usually ignores HOW you feed. The Feeding Doctor 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 for the intake?* This is often a great starting point for my sessions with clients and will provide an invaluable tool as you work on your feeding relationship and see patterns with structure, what you are offering, and interactions. It can also give your registered dietician (RD) or pediatrician a better picture of what is going on.

### **Instructions**

Record what your child has eaten or drunk immediately after the meal or snack. List each food on a separate line. Don't forget to include condiments. When possible, state the brand name, type of milk (whole, 2%, 1% or skim), and whether the food was fresh, frozen or canned. Specify amounts in terms of cups, tablespoons, teaspoons, and dimensions of a piece of pizza or serving of lasagna. Be sure to 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.

