

Food Journal

Child's Name _____ Child's Age _____














This is a place for you to record the foods your child eats. If you like, you can use it to see your progress toward better nutrition for your child. You can get extra copies from your Relief Society.

FOR EACH DAY, THERE IS ONE ROW

Starting with day 1, write down each food your child ate that day. Write the food in the correct space to show what type of food your child ate.

The yellow row is an example showing how to mark the chart

- A child ate some rice in the morning. Rice is a **grain**. The parent wrote "rice" under the **Grains and Starchy Foods** column for that day.
- Later that day the child ate some banana and an egg. The parent wrote "banana" under **Fruits and Vegetables** for that day. They also wrote "egg" under **Protein Foods**.
- The child ate rice for dinner. The parent wrote "rice" again under **Grains and Starchy Foods**.

	Fruits and Vegetables such as  Green Leafy Vegetables  Banana  Mango  Tomato	Fish and Other Proteins such as  Fish  Beans  Eggs  Nuts  Poultry	Grains and Starchy Foods such as  Rice  Pasta  Potatoes, Sweet Potatoes  Bread
Example day	banana	egg	rice rice
Day 1 date:			
Day 2 date:			
Day 3 date:			
Day 4 date:			

How many days did your child eat a fruit or vegetable?

How many days did your child eat a protein food?

What would you like to do next to improve your child's nutrition?