

Food Range Diary

<u>Child's Name:</u>	<u>Date:</u>
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Directions: Please list all of the different foods that your child will eat at least 2-3 bites of, each time that they are served that food (at least ~80 to 90% of the time that it is offered). Please list each individual food by its' name. For example: List chicken nuggets; chicken fingers; chicken lunch meat; chicken pot pie; baked chicken breast **VERSUS** just listing chicken. List dried or dehydrated fruits or vegetables **AND** the fresh versions separately. List towne crackers, saltines, graham crackers **VERSUS** just listing crackers. Don't forget to list what your child drinks. Please be **VERY SPECIFIC**. Use back of page if extra space is needed.

PROTEINS	STARCHES	FRUITS/VEGETABLES