Daily Food Log

Name:________________________________

Record food or drink presented at any time during the day for 3 consecutive days. Record each item presented on a separate row. Estimate as either cups presented (e.g., ½ cup of rice, ¼ cup of peas), ounces presented (e.g., 4 oz yogurt, 8 oz of apple juice), or number of items presented (e.g., 2 cookies, one hamburger, 6 chicken nuggets). Refer to the portion guide when recording quantity.

Time	Date	Food/Beverage	Quantity	Preparation Method	Notable events