

# Daily Food Diary.

## TRACK YOUR CHILD'S EATING HABITS.

Keeping a food diary will help you become aware of your child's eating habits, and take a critical look at whether your child's routines are perhaps excessive in sugar and dairy. Print out this worksheet to track what your child eats each day. When possible, record how many ounces your child drinks and the amount of sugar. Be sure to also record their water intake!

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

MEAL OR SNACK	TIME OF DAY	FOOD	BEVERAGES	NOTES
Breakfast				
Morning snack <i>*May need to ask daycare.</i>				
Lunch <i>*May need to ask your child if they purchased food at school.</i>				
Afternoon snack				
Dinner				
Between dinner and bedtime				Bedtime: _____ pm