



The Children's Hospital

www.thechildrenshospital.org

## Headache Clinic Food Diary

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Thank you for your time in completing this diary. The following is a diary to keep track of the food your child eats for three days. Please, be as detailed as possible in the spaces provided for the most accurate analysis of your diet. Be sure to include all beverages and any vitamins, herbs or other supplements.

### Example:

Date of intake: Monday, October 10

Day: **M Tu W Th F Sa Su**

Time eaten	Amount eaten	What did you eat or drink? (Include all beverages, vitamins, herbs and other supplements)	Brand name	Type (low fat, low sugar, creamy, crispy...)	Preparation / Cooking method
9a	½ C	Apple Cinnamon Oatmeal	Quaker	Instant	used water
"	8 oz	Orange juice	Tropicana	Homestyle	from concentrate
1p	1 piece	Bread	Buttertop	White, enriched	toasted
"	2 slices	Ham	Hormel	Low fat	cold
6pm	2 pills	Multiple Vitamin	Flintstones	children's chewable	

## Measuring Guidelines for Diet Records

*What do I use to measure different foods?*

- Measuring cup with spout & measuring spoons: Used for all liquids and some foods that can be shaped to fit in the cup or spoon. Example:  $\frac{1}{2}$  C cottage cheese, 1 T peanut butter...
- Weight: Used for cheese, fish, chicken or other meats and for pizza and other mixed dishes. Use scale if available, otherwise estimate weight from pictures provided.
- Package size: Used for pre-packaged foods. Examples: 1 oz bag of potato chips, 1.5 oz granola bar, 6.75 fluid oz juice box...
- Number of Items: Used for breads, crackers, fast foods... Example: 1 McDonald's cheeseburger, 1 slice of pie ( $\frac{1}{8}$  of 8"pie)...
- Recipe: Used for homemade foods—include the recipes for all mixed foods you make. Include the number of servings the recipe makes and the size of each serving (Example: recipe makes 4 servings and 1 serving is  $\frac{1}{2}$  cup).
- **Remember:** to list what is added such as mayonnaise or butter 😊
  - **Remember:** if your child is old enough to fill out the Diet Record themselves, please help them with the measuring and check their diet record daily to make sure the foods and amounts are correct.





