

DAILY FOOD DIARY FOR TODDLERS

Child's Name _____

Today's Date _____ / _____ / _____

Breakfast

Time Eaten _____

Describe Specific Item in Each Category

- milk _____
- fruit/fruit juice _____
- bread/grain _____
- other _____

Morning Snack

Time Eaten _____

Describe Specific Item in Each Category

- milk _____
- fruit/fruit juice/vegetable _____
- bread/grain _____
- protein/meat _____
- other _____

Lunch

Time Eaten _____

Describe Specific Item in Each Category

- milk _____
- protein/meat _____
- fruit/vegetable _____
- fruit/vegetable _____
- bread/grain _____
- other _____

Afternoon Snack

Time Eaten _____

Describe Specific Food/Beverage in Each Category

- milk _____
- fruit/fruit juice/vegetable _____
- bread/grain _____
- protein/meat _____
- other _____