Food diary

One page per week. Write what was offered and what was eaten — not what should have been.

Child _____

Week of _____

Day, time	What was offered	How much was eaten	Where, with whom	What you noticed texture, brand, plate, how your child reacted
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		
		◯ none ◯ a little ◯ most ◯ all		

Eaten without fuss this week

_____

_____

_____

Refused this week

_____

_____

_____

New foods tried — what happened

_____

_____

_____

Facts first: “spat out the soup, ate the bread” says more than “ate badly”.