**Pediatric Gastroenterology & Nutrition Associates**

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**Patient Name:** _____
**Patient Date of Birth:** _____

## 3-Day Food Record Instructions

Return to PGNA Office:

☐ next week/as soon as possible
☐ at least 2 weeks before next appointment (Date:_____)

For 3 days in a row (Thursday/Friday/Saturday or Sunday/Monday/Tuesday) write down everything your child eats and drinks. Please record date on each page.

See EXAMPLE.

- Write as clear as possible (or use a computer) so it can be read by our team.
- Separate out each meal and snacks.
- Describe the food and drink by type, flavor and brand (or homemade).
    - Be as specific as possible (i.e. Enfamil vs formula, 2% milk vs milk, Tropicana orange juice without pulp vs juice, etc).
- Use measuring cups and measuring spoons to record the amount at teaspoons, Tablespoon, 1/4 cup, 1/2 cup, etc. Do not use “plate”, “glass”, “bowl”, “bites”, “spoons” since everyone has different sizes.
- Use fluid oz or volume measurements for liquids (i.e. 4 fl oz,1/2 cup, etc).
- Use package labels for fluid oz or weight oz.
- Use volume measurement or weight oz for solids (i.e. 1/4 cup, 2 oz, etc). Only use weight oz if available from package or a kitchen scale.
- Include brand names (i.e. Gerber, McDonalds, Sara Lee, etc).
- For homemade casseroles, soups, stews, sandwiches, etc. write down all the different foods and the amounts best as you can

Call the office if you have any questions.

Mail or deliver: 3196 S. Maryland Pkwy, Suite 309, Las Vegas, NV 89109
FAX: 702-791- 6831
Email: Support@PGNALV.com

**Patient Name: _____**
**Patient Date of Birth: _____**

Day:____FRIDAY_____ Date:____11/3/2017_____

| Time | Food/Flavor | Brand | Amount Eaten |
|---|---|---|---|
| 7:30a | Cereal | Cheerios | 1 ½ c |
| | Whole Mil | Anderson | 1 c (½ left in bowl) |
| | Sugar | | 1 tsp |
| | Banana | Store | ½ small |
| 11a | Granola bar/Strawberry | Nutrigrain | 1 |
| | Apple Juice | TreeTop | 6 fl oz |
| 12n | Lunchables/Ham & Cheese | Oscar Mayer | 1 whole package |
| | With Ritz Crackers | | |
| | With candy bar | Butterfinger | 1 fun size |
| | With Mayonnaise | Kraft | 1 packet |
| | Fruit Punch | Capri | 1 pouch (6.75 oz) |
| | Grapes | Store | ½ c (or 12 ea) |
| 3p | Potato chips/sour cream | Lays | 1 bag (1 oz) |
| 5p | Hamburger Happy Meal | McDonalds | ½ burger |
| | French fries | McDonalds | Small |
| | Ketchup | McDonalds | 1 pkt |
| | 2% milk | Anderson | 8 fl oz |
| 8p | Soup | Homemade | 1 cup |
| | Made with 2 meatballs | | 1" across (2 balls) |
| | With white potato | | About 1/4 cup |
| | With Beef broth | | About 1 cup |
| | With Cooked carrots | Canned/Kroeger | About 2 Tbsp |
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**Patient Date of Birth: _____**

Day:_____ Date:_____

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Day:_____ Date:_____

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Day:_____ Date:_____

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