

**N1. CHILD'S FOOD DIARY, DAY 1 AND DAY 2**

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OMB Clearance Number: 0584-XXXX

Expiration Date: XX/XX/XXXX

## SCHOOL NUTRITION AND MEAL COST STUDY

### Child's Food Diary



Child's Name: \_\_\_\_\_

School: \_\_\_\_\_

Interview Date and Time: \_\_\_\_\_

Location: \_\_\_\_\_

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-XXXX. The time required to complete this information collection is estimated to average 10 minutes per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and

As part of the School Nutrition and Meal Cost Study, we will be interviewing you and your child together to learn more about what children eat both in and outside of school. Completing this food diary before the interview will help it go more quickly. **Please bring the diary with you to the interview. Your interview appointment is written on the front cover.**

### Directions

Please write down everything your child eats and drinks on [DAY/DATE] from midnight to midnight. Start on the next page, after the “Example.” For each food and drink your child ate or drank, record the **time** (to the nearest 15 minutes) and the **name and description** of the food using the tips below. Then, please check the box to tell us **where** your child ate the food.

- **Write one food or drink per line.** Include any food your child takes at least a bite or sip of, including water.
- **Include brand names if you know them.** For food eaten at restaurants, write the name of the restaurant. For example, was the food from McDonald’s, Denny’s, Applebee’s, or Red Robin?
- **Include additions to food.** For example, was butter or jelly on toast, sugar on cereal, ketchup on French fries, mayonnaise on a sandwich, or salsa on a burrito?
- **Remember to ask your child to tell you about foods eaten away from home.** Write these foods in the food diary.
- **There is no need to record the amounts of each food and drink.** Amounts will be discussed together with you and your child.

### Tips for Descriptions of Foods and Drinks

## Drinks

### Milk

White, chocolate, or other flavor?  
Whole, 2%, 1%, or skim (nonfat)?

### Juice

Type: orange, apple, grape, etc.  
100% juice or juice drink?  
Added calcium or other vitamins/minerals?

### Water

Tap or bottled?  
Sweetened or flavored?

### Soda/Vitamin Water/Sport Drinks

Brand name, flavor  
Regular or diet?

## Meat, Poultry, Fish, and Dairy Foods

### Meat

Type: beef, pork, lamb, etc.  
Cut: ground, ribs, chops, steak

### Chicken or turkey

Piece: breast, wing, thigh, drumstick, or light or dark meat

Nuggets, strips, or patty?

### Fish or Shellfish

Type: tuna, catfish, shrimp, bass, etc.  
Frozen, fresh, or canned (oil or water pack)?

### Cheese

Type: cheddar, American, mozzarella, Swiss, string, etc.

Regular or low fat?

### Eggs

Type: scrambled, fried, boiled

## Sandwiches, Pizza, Burritos, and Other Mixed Dishes

Kind of sandwich: grilled cheese, peanut butter and jelly, etc.

Kind of burrito/taco: beef, bean, chicken, vegetable, etc.

Type of pizza: cheese, pepperoni, vegetable, etc.

Name of dish/recipe and main ingredients: macaroni and cheese, beef and bean chili, chicken stir-fry with rice, etc.

## Fruits and Vegetables

### Fruits

Kind: orange, peach, banana, raisins, etc.  
Fresh, canned (syrup, water, or juice), frozen, or dried?

### Vegetables

Type: corn, broccoli, refried beans, French fries, peas, etc.

Fresh, canned, or frozen?

## Breads, Muffins, Tortillas, Cereal, Rice, and Pasta

Bread: sliced, roll, bagel, biscuit, white, whole wheat, cheese, etc.

Muffins: corn, blueberry, chocolate chip, etc.

Tortillas: flour, corn, whole wheat, soft, hard, fried, etc.

Cereal name and brand

Rice: white, brown, convenience mix?

Pasta/noodles: regular or whole grain?

## Snacks, Candy, and Desserts

### Chips, Crackers, or Popcorn

Brand name, flavor

Type: potato, tortilla, cheese curls, pork rinds, saltines, etc.

Regular, baked, or air-popped?

### Candy or Baked Desserts

Kind: Candy, cookies, cakes, donuts, pies, pastries, etc.

Type: chocolate candy, oatmeal cookie, yellow cake, glazed donut, apple pie, toaster pastry, etc.

### Yogurt, Ice Cream, or Frozen Yogurt

Brand, flavor

Regular, low-fat, or low sugar?

## Salads and Salad Dressing

Type: green, pasta, tuna, chicken, coleslaw, bean, etc.

Salad dressing: Ranch, French, Italian, etc., regular, lite (low calorie), or low-fat?

## Spreads and Fats

Butter: regular, whipped, butter margarine blend

Margarine: stick, tub, spray, regular, light, fat free

Mayonnaise: real, Miracle Whip-type, regular, or low-fat?



