

E.1c Guidelines for Reviewing Food Diary with Parent (English)

Mixed Dishes (cont'd)

- Pizza: Type of crust (e.g. thin, thick, white, whole wheat)? Toppings (e.g. cheese, pepperoni, mushroom)? Prepared from scratch? If frozen, or restaurant include brand name.
- Macaroni and cheese: Prepared from a mix, from scratch or frozen? If mix or frozen, brand name? Type of milk and cheese used in preparation? Other additions?
- Spaghetti or other casseroles: Type of sauce? Type of meat? Type of pasta (or rice) in mixture? Toppings or other additions?
- Taco/burrito/enchilada: Type (e.g. bean, beef, cheese)? Other fillings or toppings (e.g. lettuce, salsa, tomato, guacamole, rice)? Type of tortilla (e.g. corn, flour)? Scratch, restaurant or packaged/frozen?

Fast Food Sandwiches and Meals

- What was the name of food (e.g. Whopper Jr., Happy meal cheeseburger), and name of place (e.g. Burger King, McDonalds)? Other foods (e.g. French fries, apple slices)? Size of each item (e.g. kid's size, regular, small)? Additions (e.g. ketchup, mayonnaise)?

Condiments, Dressings, Dips and Toppings

- Kind (e.g. ketchup, mustard, mayonnaise, BBQ Sauce, butter, jelly, salad dressing)? Type (e.g. low fat, fat-free, reduced calorie, low sugar, low sodium)? Brand name?

Snack Foods

- Kind (e.g. chips, puffs, crackers pretzels, popcorn)? Type (e.g. baked, whole wheat, salted)? Brand name?

Desserts and Sweets

- Cookies/cakes/brownies: Type (e.g. chocolate chip, oatmeal)? Store bought or homemade? Brand? Filling? Nuts? Dried fruit?
- Frozen desserts: Ice cream or frozen novelty (type and brand). Made from yogurt, cream or milk; low fat, low sugar?

Beverages

- Juice or soda drinks: Include brand name, type (e.g. diet or reg) and if ice added.

Guidelines for Reviewing Food Diary with Parent after Completion

- Be sure each meal and snack was recorded on a separate page of the diary as directed. If not, ask the parent to indicate which meal and snacks were at separate eating occasions and transfer the information to a separate page if necessary.
- Review each meal and snack with the parent to make sure type of meal is recorded along with where the meal was eaten and what time. Probe for this information if not recorded and ask for approximate time if exact time is not known.
- **Forgotten foods**: For each meal and snack review the items reported on the form and ask if they recall any additional foods the child ate during the meal period, record details as necessary. Be sure to ask about additions to a food (e.g. milk on cereal, butter on bread and condiments on sandwiches or other foods).
- **Brands of the foods**: If not recorded, ask parent if they know the brand name of the foods listed. Do the same for any additions they mentioned (not necessary for fresh fruits, vegetables, or meat/chicken if not processed).
- **Type, Form and How Prepared**. If not indicated ask how the food was prepared (e.g. baked, fried, heated). For vegetables, ask if raw or cooked and how cooked. For fruits, ask if fresh, frozen or canned. Ask about flavor and type (depending on the food).
- **Food amounts recorded**. Confirm that amounts recorded are amounts *eaten* and not amount served. If amount served was recorded, probe for how much of the food the child actually ate.
 - o If amount was not recorded, ask the parent to estimate the amount the child consumed.
 - o Make sure the measurement is complete including number (or fraction) and standard units of measure (e.g. 1/2 cup 1 tsp.3 medium size strawberries, 1 slice American cheese)
 - o Be sure to get an estimated amount for any additions mentioned.

Below are some details to ask about commonly consumed foods grouped by food category.

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Milk and Dairy Products (including dairy substitutes)

- Milk: Percent fat (e.g. skim, 1%, 2%, whole)? Milk alternative (e.g. soy, almond)? Pre-flavored or flavoring syrup added?
- Yogurt: Brand? Type (e.g. regular, low fat, fat free)? Flavor? With toppings (e.g. jam, M&Ms, nuts)?
- Cheese: Type (e.g. American, cheddar, Swiss)? Natural or processed (e.g. Cheese Whiz) Fat type (e.g. regular, low fat)?

Fruits and Fruit Juices

- Fruit: Type (e.g. apple, pear, raspberries)? Fresh, frozen, canned (in juice, light syrup, heavy syrup)? Additions? Brand (e.g. Mott's applesauce cups)? If fresh, served with or without skin?
- Fruit Juice: Type (e.g. orange, apple)? Brand (e.g. Hi-C, Kool-aid)? 100% juice or juice drink? Sweetened, artificially sweetened or unsweetened? Added vitamins or minerals (e.g. vit C or Calcium)? Served with ice? Diluted with water (proportions)?

Vegetables (including vegetable juice)

- Vegetables: Type (e.g. carrot, potato, peas)? Preparation (e.g. chopped, sliced, blended)? Additions (e.g. dip, dressing, cheese)? Fresh, canned or frozen? How cooked?
- Vegetable Juice: Brand? Type (e.g. carrot, tomato)? Low sodium?

Grains/Bread

- Bread, rolls, bagels: Type (e.g. sandwich bread, pita, hamburger or hotdog roll)? Variety (e.g. whole wheat, white, multigrain, flavored)? Toasted? Additions (e.g. butter, jelly, cream cheese)?
- Cereal: Hot or cold? Brand (e.g. Post, generic)? Type (e.g. Honey Nut Cheerios, Trix, granola)?
- Crackers: Type (e.g. saltine, graham, cheese)? Brand? Low sodium or low fat? Whole grain?
- Muffins/breakfast breads: Type or flavor? Brand? Any additions?
- Pancakes/waffles: Type (e.g. regular, whole grain, blueberry.), From scratch or commercial mix, or frozen? Any additions?
- Noodles/Pasta: Type (e.g. macaroni, spaghetti)? Was it regular, whole wheat, fortified? Brand? Cooked with salted water?

Grains/Bread (cont'd)

- Rice: Type (e.g. brown, white)? Prep method (e.g. fried, steamed)?
- Tortillas: Type (e.g. flour, corn, etc.)? Cooked (e.g. fried, warmed)? Size in diameter? Additions?

Meats/Fish/Eggs/Beans/Nuts

- Beef or pork: Type (e.g. ground, steak, sliced deli)? If ground, percent fat; How prepared (e.g. grilled, broiled, pan seared)? If pre-prepared, brand name?
- Chicken: What part or piece (e.g. breast, thigh, wing.)? Cooked from fresh? Cooked with skin or without? If frozen or pre-prepared, were they breaded (nuggets, tenders)? Brand name? Cooking method (e.g. fried, microwaved, oven heated)?
- Fish: Type (e.g. cod, scallops, sole, tuna)? Fresh, frozen or canned? Were they breaded? Brand name? Cooking method (e.g. fried, microwaved, oven heated)? If canned, packed in water or oil? Drained/rinsed before using? Was it mixed with anything?
- Deli meats: Type (e.g. sliced deli turkey, sliced deli ham)?
- Hot dogs: Type (e.g. beef, pork, turkey)? How prepared (e.g. boiled)
- Eggs: Whole egg? White or yolk only? How prepared (e.g. scrambled, boiled, poached)? Any additions? Egg substitute (brand used)?
- Nuts and nut butters: Type (walnuts, almonds, peanuts, etc.)? Salted, dry roasted, raw, etc? Peanut or other nut butter (specify type). Smooth, chunky, low-fat, regular, etc.
- Beans: Type (e.g. kidney, black, red, lentils)? Form (e.g. fresh, frozen, canned)? How prepared (probe for additions)?
- Soy products and meat alternates: (e.g. tofu and prepared soy-based products, veggie burger). Brand name? Type of product (garden burger, soy hot dogs)? How prepared? Any additions?

Mixed Dishes (Individual items in dish list under "mixed dish list")

- Sandwiches: List amounts of each item. Bread type? Meat type? Any vegetables? Spreads or condiments (e.g. mayo, ketchup) Cheese?
- Salads: List amounts of each item. Type of lettuce? Other vegetables? Nuts or seeds? Dried fruit? Cheese or meat? Dressing?