

18. FOOD DIARY - ENGLISH (GROUP 2)

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SCHOOL NUTRITION AND MEAL COST STUDY-II

Child's Food Diary



Child's Name: _____

School: _____

Interview Date and Time: _____

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As part of the School Nutrition and Meal Cost Study-II, 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 have the diary with you during 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?

Time	Name and Description of Food or Drink	Home	School	Restaurant	Other
EXAMPLE:					
6:30 AM	<i>Orange Juice, Tropicana, 100 % Juice</i>	X			
	<i>Cheerios with 1% white milk</i>	X			
11:15 AM	<i>Chicken patty sandwich on whole grain roll</i>		X		
	<i>Fresh baby carrots with regular Ranch dressing</i>		X		
	<i>Skim milk, chocolate</i>		X		
	<i>Red grapes, fresh</i>		X		
2:30 PM	<i>Tap water</i>	X			
	<i>Apple, fresh</i>	X			
	<i>Peanut butter, Skippy, reduced fat</i>	X			
6:00 PM	<i>Grilled chicken, Ruby Tuesdays (kids menu)</i>			X	
	<i>Broccoli, Ruby Tuesdays</i>			X	
	<i>Mashed potatoes with cheddar cheese (Ruby Tues)</i>			X	
	<i>Kids super fruit punch, Ruby Tuesdays</i>			X	
7:45 PM	<i>1% white milk</i>	X			
	<i>Chocolate chip cookies, Chips Ahoy</i>	X			
Start recording foods and drinks for your child here:					

CHILD'S FOOD DIARY

Time	Name and Description of Food or Drink	Home	School	Restaurant	Other

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