

Pediatric Nutrition of Green Hills

Food Journal

A food Journal is a useful tool in determining your food preferences, overall eating patterns, and general nutritional consumption. Please be as specific as possible about timing of meals and snacks, portion sizes, brands, and preparation methods. Every little morsel counts and should be listed in the journal. Complete this Journal for 3 days, including one weekend day if possible. ***Bring your completed Food Journal to your first appointment.***

Sample Entry:

Time/Location	Food Eaten	Amount	Hunger	Thoughts/Feelings
6:30 am Kitchen Table	Quaker Oatmeal Cereal, 1% low-fat milk, blueberries Tropicana OJ	1 cup ½ cup ¼ cup 4 oz.	8	Worried about spelling test; excited about after-school playdate.
10:30 am School desk	Pepperidge Farm Goldfish Crackers	4 oz.	5	Bored
11:45 am Cafeteria	Whole wheat bread (homemade) Jif Peanut butter Smuckers Grape Jelly Clementine Snyders Pretzels water	1 slice 2 tbsp. 2 tbsp. 2 1 oz. 8 oz.	5-6	Can't wait to get outside!

Hunger

Rating your level of hunger on a scale of 1-10 is a useful way to assess your hunger patterns. Use this scale when rating hunger level.

1	2	3	4	5	6	7	8	9	10
Not hungry			Getting Hungry		Hungry			Starving	

If you have questions about the Food Journal, contact: Jill@JillCastle.com

