Food Range Diary

Childs name: _____

Date: _____

Directions: Please list all of the different foods that your child will eat at least 2-3 bites of, each time that they are served that food (at least ~80 to 90% of the time that it is offered). Please list each individual food by its' name. For example: List chicken nuggets; chicken fingers; chicken lunch meat; chicken pot pie; baked chicken breast VERSUS just listing chicken. List dried or dehydrated fruits or vegetables AND the fresh versions separately. List towne crackers, saltines, graham crackers VERSUS just listing crackers. Don't forget to list what your child drinks. Please be VERY SPECIFIC. Use back of page if extra space is needed.

PROTEINS	STARCHES	FRUITS/VEGETABLES

The TALK Team

PROTEINS	STARCHES	FRUITS/VEGETABLES