Emerge
Pediatric Therapy

3 Day Diet History Form

This form was adapted from the SOS Feeding Solutions created by Star Center: Sensory Therapies and Research in Greenwood Village, Colorado.

Instructions:
You are being asked to record **ALL foods and drinks** eaten/ drank by your child for 3 days in a row. The following directions will guide you in filling out the form. You need to complete this history and send the information to the Feeding Center with the rest of your forms, OR you will need to bring it with you to your appointment.

1. Please fill out ALL the information at the top of the first page.

2. Please record the DATE and DAY of the week for each day. Record ALL food and drinks eaten along with the TIME your child ate or drank them. It is best to carry the history form with you and to record items immediately so that nothing is missed.

3. Include an EXACT description of the item and your best guess of the portion size of the amount eaten. Write the brand name of formula your child is on (i.e. Enfamil, Prosobee, etc.), what type of juice he/ she drank (i.e. apple, grape, etc.), any special recipes for drink mixtures your child uses (i.e. 24 calorie Isomil + 1 tsp Polycose), and any additions to foods (i.e. ¼ cup mashed potatoes + 1 Tbsp margarine). Be sure to include dressings, sauces, gravies, or anything extra.

4. It is suggested that you may wish to use measuring spoons and cups when serving your child for these 3 days to report the amounts eaten/ drank better.

Example:

Date	Time	Food/ Drink Item	Amount	Bottle	Cup	Mouth	G-tube
1/1/02	4 pm	Gerber applesauce #2	1 ounce			✔	
		White Bread (Wonder)	¼ slice			✔	
		Ham lunch meat (Hormel)	½ ounce			✔	
		Mayonnaise	1 tsp			✔	
		White grape juice	1 ounce		✔	✔	
	6:30pm	Veggie Straws (Whole Foods 365)	5			✔	
		Diced pears (Del Monte)	1 plastic container			✔	
	7 pm	Similac Advance Formula	4 ounces	✔		✔	
	9 pm	Pediasure with fiber	8 ounces				✔

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OFFICE USE ONLY
Ht: _____ Wt: _____ Date: _____
Estimated Needs: _____ Calories
_____ Protein
_____ Fluid

_____ Eval _____ Individual _____ Group

Parent/ Guardian Name: _____ Daytime Phone #: _____

Child's Name: _____ Date of Birth: _____
_____

Vitamin or Mineral Supplement: _____ NO ____ YES Name & Amount: _____

Formula Mixing: Number of scoops: _____
Amount of Water: _____
_____ I put water in the bottle first then the formula powder.
_____ I put the formula powder in the bottle first then the water.
_____ The formula is liquid in a can and I do not add anything.

Date	Time	Food/ Drink Item	Amount	Bottle	Cup	Mouth	G-tube
Date	**Time**	**Food/ Drink Item**	**Amount**	**Bottle**	**Cup**	**Mouth**	**G-tube**

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