

# PediaSure® KIDS' Daily Food Diary

Date: \_\_\_\_\_

	Food/Beverage Served	Food/Beverage Eaten	Serving Size/ Amount Eaten	Child's Attitude
Breakfast Time: _____				
Morning Snack Time: _____				
Lunch Time: _____				
Afternoon Snack Time: _____				
Dinner Time: _____				



## Have Questions About Your Child's Nutrition?

Call Feeding Expert at 800-986-8793

Get live, one-on-one child nutrition support from our experts. Dietitians and nurses are available to talk with you 24/7.

## Attitude Key:



Content Neutral Upset Yuck!

## Food Diary Tips

- At age 2, start your child on the pattern of 3 meals and 2 snacks per day. Sticking with this will help ensure your child is hungry at mealtimes.
- Write down the foods you offered and what your child actually ate.
- Write down the foods your child consumed immediately after. Keep this chart someplace handy, like on the refrigerator.
- Offer a wide variety of foods from the five food groups.
- Meals should contain at least 3 of the 5 food groups, and snacks should contain at least 2 of the 5 food groups.
- Always offer new foods with a positive attitude. Do not let your food biases influence the foods you offer your child.
- Serve smaller portion sizes than what your child will probably eat. Let your child ask for more.

**Remember:** As a parent, you have the greatest influence on establishing your child's healthy eating habits. You decide what foods to offer your child; your child decides whether or not to eat the foods you offer.



PediaSure®

To help kids  
grow and gain

Targeted Nutrition for  
Your Kid's Unique Needs

PediaSure® Feeding Expert

Live, one-on-one nutritional advice for your picky eater.  
Dietitians available 24/7 at **800-986-8793**

Consult your health care professional for use with children under 2 years of age.

PediaSure  
**SIDEKICKS**  
NUTRITION SUPPORT

To help balance  
an uneven diet

