Food Diary (Complete diary for 3 days) Name of Child: Completed by:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Day:**  **Date:** | **Breakfast** | **Morning Snack** | **Lunch** | **Afternoon Snack** | **Dinner** | **Evening Snack** | **Any other Food / Drink** |
| **Time**  (Time feeding started and finished) |  |  |  |  |  |  |  |
| **Place** (Where and Who was there) |  |  |  |  |  |  |  |
| **Food and Drink Offered** (Type and amount) |  |  |  |  |  |  |  |
| **Amount Take** |  |  |  |  |  |  |  |
| **Any Problems?** |  |  |  |  |  |  |  |

Food Checklist

|  |  |  |
| --- | --- | --- |
| **Bread** **and** **Cakes** | **Currently** | **Previously** |
| Cakes |  |  |
| Biscuits |  |  |
| Pies and pastries |  |  |
| Pizza |  |  |
| Other............. |  |  |
|  |  |  |
| **Potatoes** **and**  **Potato** **Products** | **Currently** | **Previously** |
| Baked potatoes |  |  |
| Boiled potatoes |  |  |
| Mashed potatoes |  |  |
| Roast potatoes |  |  |
| Chips |  |  |
| French Fries |  |  |
| Hash Browns |  |  |
| Sweet potatoes |  |  |
| Crisps |  |  |
| Potato snacks |  |  |
| Other............. |  |  |
|  |  |  |
| **Cereals** | **Currently** | **Previously** |
| Branflakes |  |  |
| Cornflakes |  |  |
| Coco Pops |  |  |
| Rice Krispies |  |  |
| Cheerios |  |  |
| Weetabix |  |  |
| Porridge |  |  |
| Other............. |  |  |
|  |  |  |
| **Pasta** **/** **Rice** **/** **Noodles** **/**  **Grains** | **Currently** | **Previously** |
| Spaghetti |  |  |
| Fusilli |  |  |
| Penne |  |  |
| Lasagne |  |  |
| Tinned spaghetti  shapes |  |  |
| Rice |  |  |
| Noodles |  |  |
| Couscous |  |  |
| Other……… |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |  |
| --- | --- | --- |
| **Texture**  **Preference** | **Currently** | **Previously** |
| Chewy |  |  |
| Crisp |  |  |
| Crunchy |  |  |
| Hard |  |  |
| Lumpy |  |  |
| Smooth |  |  |
| Mixed  Consistency |  |  |
| Uniform Lumpy  (eg Cottage Cheese) |  |  |
|  |  |  |
| **Taste** **Preference** | **Currently** | **Previously** |
| Bland |  |  |
| Highly Flavoured |  |  |
| Salty |  |  |
| Spicy |  |  |
| Sweet |  |  |
| Tart |  |  |
|  |  |  |
| **Temperature**  **Preference** | **Currently** | **Previously** |
| Cold |  |  |
| Cool |  |  |
| Warm |  |  |
| Hot |  |  |
|  |  |  |
| **Appetite** | **Currently** | **Previously** |
| Poor |  |  |
| Fair |  |  |
| Good |  |  |
| Variable |  |  |
|  |  |  |
| **Bread** **and** **Cakes** | **Currently** | **Previously** |
| White sliced |  |  |
| Brown sliced |  |  |
| Wholemeal sliced |  |  |
| Crusty bread |  |  |
| Rolls |  |  |
| Bagels |  |  |
| Croissants |  |  |
| Tortilla Wraps |  |  |
| Garlic Bread |  |  |
| Bread sticks |  |  |

|  |  |  |
| --- | --- | --- |
| **Meat** **and** **Fish** | **Currently** | **Previously** |
| **Beef** |  |  |
| Minced |  |  |
| Roast |  |  |
| Steak |  |  |
| Veal |  |  |
| Burgers |  |  |
| Meatballs |  |  |
| Cold/cooked |  |  |
| Other……… |  |  |
|  |  |  |
| **Chicken** **and**  **Turkey** | **Currently** | **Previously** |
| Roast |  |  |
| Nuggets |  |  |
| Goujons |  |  |
| Cold/cooked |  |  |
| Other……… |  |  |
|  |  |  |
| **Pork,** **Ham,**  **Bacon** | **Currently** | **Previously** |
| Roast Pork |  |  |
| Minced Pork |  |  |
| Sausages |  |  |
| Bacon |  |  |
| Cooked Ham |  |  |
| Other……… |  |  |
|  |  |  |
| **Fish** | **Currently** | **Previously** |
| Fried fish |  |  |
| Breaded fish |  |  |
| Fish fingers or  shapes |  |  |
| Tuna |  |  |
| Salmon |  |  |
| Other……… |  |  |
|  |  |  |
| **Pulses** | **Currently** | **Previously** |
| Baked beans |  |  |
| Chickpeas |  |  |
| Lentils |  |  |
| Other……… |  |  |
|  |  |  |
| **Nut** **and** **Nut**  **Products** | **Currently** | **Previously** |
| Peanut butter |  |  |
| Specific brand? |  |  |
| Peanuts |  |  |

|  |  |  |
| --- | --- | --- |
| **Nut** **and** **Nut**  **Products** | **Currently** | **Previously** |
| Walnuts |  |  |
| Cashew nuts |  |  |
| Other……… |  |  |
|  |  |  |
| **Dairy** **Products** | **Currently** | **Previously** |
| **Milk** |  |  |
| Full cream |  |  |
| Semi-Skimmed |  |  |
| Milkshakes |  |  |
| Soya Milk |  |  |
| Almond Milk |  |  |
| Other……… |  |  |
|  |  |  |
| **Cheese** | **Currently** | **Previously** |
| Cheddar |  |  |
| Cottage |  |  |
| Dairylea or  similar |  |  |
| Mozzarella |  |  |
| Parmesan |  |  |
| Other ........... |  |  |
|  |  |  |
| **Other** **Dairy** | **Currently** | **Previously** |
| Butter |  |  |
| Margarine |  |  |
| Fromage Frais |  |  |
| Yoghurt |  |  |
| Custard |  |  |
| Rice pudding |  |  |
| Cream |  |  |
| Ice-cream |  |  |
| Probiotics |  |  |
| Other……… |  |  |
|  |  |  |
| **Eggs** | **Currently** | **Previously** |
| Boiled |  |  |
| Fried |  |  |
| Omelette |  |  |
| Poached |  |  |
| Scrambled |  |  |
| Other……… |  |  |
|  |  |  |
| **Soups** | **Currently** | **Previously** |
| Lentil |  |  |
| Tomato |  |  |
| Vegetable |  |  |

|  |  |  |
| --- | --- | --- |
| Snickers |  |  |
| Twix |  |  |
| Other……… |  |  |
| **Spreads** | **Currently** | **Previously** |
| Honey |  |  |
| Jam |  |  |
| Marmalade |  |  |
| Chocolate spread |  |  |
| Other……… |  |  |
|  |  |  |
| **Condiments** | **Currently** | **Previously** |
| BBQ sauce |  |  |
| Brown Sauce |  |  |
| Ketchup |  |  |
| Mayonnaise |  |  |
| Salad cream |  |  |
| Gravy |  |  |
| Mustard |  |  |
| Other............ |  |  |
|  |  |  |

What is the best time of the day to eat?

|  |  |  |
| --- | --- | --- |
| **Soups** | **Currently** | **Previously** |
| Chicken |  |  |
| Other………… |  |  |
|  |  |  |
| **Fruit** | **Currently** | **Previously** |
| Apple |  |  |
| Banana |  |  |
| Cherries |  |  |
| Grapes |  |  |
| Kiwi |  |  |
| Mango |  |  |
| Melon |  |  |
| Nectarine |  |  |
| Orange |  |  |
| Peach |  |  |
| Pear |  |  |
| Raspberries |  |  |
| Rhubarb |  |  |
| Strawberries |  |  |
| Dried Fruits |  |  |
| Tomatoes |  |  |
| Other ............ |  |  |
|  |  |  |
| **Vegetables** | **Currently** | **Previously** |
| Green Beans |  |  |
| Broccoli |  |  |
| Cabbage |  |  |
| Carrots |  |  |
| Cauliflower |  |  |
| Courgettes |  |  |
| Onion |  |  |
| Peas |  |  |
| Peppers |  |  |
| Spinach |  |  |
| Turnip |  |  |
| Other ............ |  |  |
|  |  |  |
| **Sweets/**  **Chocolate** | **Currently** | **Previously** |
| Gum sweets |  |  |
| Jelly tots |  |  |
| Chewing Gum |  |  |
| Milk chocolate |  |  |
| Plain chocolate |  |  |
| Mars Bar |  |  |

What was the age of onset of selective eating?

Any other comments to add?

**Sensory Differences Checklist**

|  |  |  |
| --- | --- | --- |
| **Question** | **Yes/No** | **Comments** |
| Do they have a preference for a particular type of texture?  E.g. dry, lumpy, crunchy, chewy or sloppy? |  |  |
| Are they over/under sensitive to particular flavours?  E.g. dry/bland (more common) or hot/spicy? |  |  |
| Do they prefer only hot or cold food? |  |  |
| Do they prefer food of particular colours or shapes? |  |  |
| Do they like they like to touch or feel food with their hands or mouth? |  |  |
| Do they dislike food touching on the plate? |  |  |
| Do they wipe their hands immediately after touching food? |  |  |
| Do they only eat or drink from certain plates or cups? |  |  |
| Do they avoid touching their mouth to the spoon or fork? Especially if it is metal? |  |  |
| Do they only choose food of certain brands or with certain types of packaging? |  |  |
| Do they tend to eat ‘on the run’ or ‘graze’ through the day? |  |  |
| Can they recognise when they are hungry / thirsty / full? Do they act contrary to nutritional needs? |  |  |
| Do they react intensely to food or environmental smells? |  |  |
| Do they react intensely to specific sounds? (e.g. high pitched, echoing, other people eating)? |  |  |
| Do they have a preferred sitting position for eating? Do they have a favourite chair or |  |  |
| Do they excessively fidget, rock or swing on the chair? |  |  |
| Do they have difficulty ‘shutting out’ information leading to them getting sensory overload? |  |  |
| Do they prefer to have sounds in the environment e.g. music or videos on when they are eating? |  |  |

**Feeding History Questionnaire**

**Early feeding history**

|  |  |  |
| --- | --- | --- |
| **Question** | **Yes/No** | **Comments** |
| Was your child tube fed as an infant? |  |  |
| Were they breast or bottle fed? |  |  |
| Were there any feeding difficulties in the first few months e.g. fatigue or poor suck? |  |  |
| Did you ever have to force them to feed? |  |  |
| Were there any difficulties progressing on to solids? |  |  |
| Did different textures cause any problems? |  |  |

**Medical History**

|  |  |  |
| --- | --- | --- |
| **Question** | **Yes/No** | **Comments** |
| Was your child premature? |  |  |
| Did your child experience reflux or vomiting after feeding? |  |  |
| Do they have a problem with constipation? |  |  |
| Any other medical history including respiratory problems, cardiac, seizures? |  |  |
| Any diagnosed food intolerance or allergies? |  |  |
| Any problems with dentition? |  |  |

**Current Eating, Drinking and Swallowing**

|  |  |  |
| --- | --- | --- |
| **Question** | **Yes/No** | **Comments** |
| Does your child feed themselves? |  |  |
| Does your child have any difficulties biting into food? |  |  |
| \* Does your child appear to have any difficulties with chewing? |  |  |
| \* Do they choke on food? |  |  |
| \* Do they ever choke or regurgitate when they drink? Does anything come down their nose? |  |  |
| How do they take a drink e.g. from an open cup/straw/sipper cup? |  |  |
| Do they make a mess whilst eating? |  |  |
| Do they drool when feeding? |  |  |
| Are there any textures or temperatures which they find difficult? |  |  |
| Where does your child eat most foods e.g. sitting at a table, running around |  |  |
| Do you ever have to force them to eat? |  |  |
| Do they recognise when they are hungry? |  |  |