

**The Lipid Heart Clinic**  
**The Children's Hospital of Philadelphia**  
34<sup>th</sup> Street and Civic Center Boulevard, Philadelphia, PA 19104-4399  
(215) 590-1804 phone; (215) 590-4978 fax  
www.chop.edu/lipidheart

**PLEASE BRING THIS FORM TO YOUR CLINIC VISIT**

**Instructions for recording food eaten for 3 days**

In order for your child's diet to be evaluated, we need to know everything that your child eats and drinks for 3 days. Please write this information on the attached sheet. Use a new sheet each day.

Please follow the instructions below:

- List all foods, drinks, snacks, food extras (butter, oil, margarine, salad dressing), and vitamins, minerals, or herbal supplements (Poly-vi-sol, Flintstone's Complete, Centrum Jr.), etc.

**\*Tip:** List after each meal and snack.

Be specific. (For example: Milk – skim, 2%, 1%, whole)

- List how much of the food or drink your child has had.

**\*Tip:** List only the amount your child ate or drank, not the whole amount you served.

See below for measuring tips.

- Use name brands of foods and food labels to help with serving sizes.
- Include the name of all fast food restaurants.  
(For example: McDonald, Wendy's, Burger King, Dunkin Donuts, etc)

**\*Tip:** Note size – regular, ¼ lb., super size, etc.

**\*Tips for Measuring:**

Use the following tools for measuring

**Spoons**

For:  
Jelly  
Jam  
Sugar  
Gravies

**Measuring Cup**

For:  
Liquids  
Baby Foods  
Solids like pasta  
Cereal, & Vegetables

**Food Labels**

Look at serving size on  
back or side of package  
label



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**FOOD CHART (SAMPLE)**

**NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **TODAY'S DATE:** \_\_\_\_\_

Time of Day	Description of Food – Including How Prepared (eg. Baked, Fried, etc.)	Amount	*Method of Measurement
<b>Breakfast: 7:30 am</b>	Cheerios / Whole wheat bread - toasted	1 cup ½ Slice	Measuring Cup
	Margarine Jelly	½ teaspoon ½ teaspoon	
	2% Milk	¾ Cup	Measuring Cup
<b>Snack: 10:30 am</b>	Saltine Crackers Peanut Butter	3 each 3 teaspoons	
	<b>Lunch: 12:00 pm</b>	Grilled Cheese Sandwich with White Bread American Cheese Margarine	2 Slices - Bread 2 Slices – Cheese 2 teaspoons
	Potato Chips Coke	1 ½ oz. Bag 12 oz.	Package label Package label
<b>Snack: 3:30 pm</b>	Graham Crackers	2 - 2 ½ squares	
	Yogurt – Low Fat, Fruit	6 oz.	Package label
<b>Dinner: 6:00 pm</b>	Chicken Breast – Broiled	3 oz.	Scale
	Barbeque Sauce Green Beans	2 Tablespoon ½ Cup	Measuring Cup
	Margarine Baked potato – Without Skin	½ teaspoon 1 small	
	Chocolate Cake with Chocolate Icing	1 3" square piece	
	Milk 2%	1 Cup	Measuring Cup
<b>Snack: 8:30 pm</b>	Popcorn – Air Popped Butter	2 Cups 1 teaspoon	Measuring Cup
	Ice Cream - Vanilla	½ Cup	Measuring Cup
	Flintstone's Complete Vitamin	1 tablet	

\*Please specify one of the following: weight on scale, measuring cup, or package label

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<b>Vitamin/herbal supplement</b>			

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