

# HOW TO KEEP A FOOD RECORD

1. Write your child's prescription for formula preparation and food pattern at the top of the paper. Write the date of the food record.
2. Make separate sections for breakfast, lunch, dinner, and snacks.
3. Record what your child ate in the correct section. Include as much information as possible. For example, if your child had some fresh vegetables for a snack, write down what kind of vegetables and how much he or she ate.

Keeping a food record and bringing it to clinic is very important. It helps you and your nutritionist keep track of your child's nutrient and phe intake so he or she can stay on target.

## SAMPLE FOOD RECORD:

<b>Thursday</b> January 1, 2008	<b>Prescription:</b> 140 gm Phenyl-Free 1 + 30 gm Enfamil Water to 40 ounces
<b>Breakfast</b> Phenyl-Free 1, 10 ounces 3 Tablespoons puffed rice 1 Peach slice (10 gm)	<b>Dinner</b> Phenyl-Free 1, 10 ounces 2 Tablespoons sliced carrots (20 gm) 1/4 cup dry low protein pasta 1/2 teaspoon margarine (Nucoa)
<b>Lunch</b> Phenyl-Free 1, 10 ounces 3 small strawberries (15 gm) 2 low protein graham crackers 1/2 small sweet pickle (17 gm)	<b>Snack</b> Phenyl-Free 1, 10 ounces 1 low protein cracker 1/2 cup apple juice



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