

# FOOD RANGE DIARY

Please list all the different foods that your child will eat regularly (i.e. at least 2-3 bites 80% of the time it is served). Please be VERY SPECIFIC.

List each individual food by recipe or brand name.

- chicken nuggets; chicken ball, chicken wing, minced chicken VS chicken
- Honey Stars, Koko Krunch, Frosted Flakes VS cereals
- Apple puree and apples VS apples
- Peanut butter toast and kaya butter toast VS toast
- List dried and fresh versions of fruits and vegetables separately too.
- Don't forget to list what your child drinks.

## PROTEINS

## CARBOHYDRATES

## FRUITS/VEGETABLES

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Reference: SOS Approach to Feeding