FOOD FREQUENCY LIST

| Foods Eaten Daily | Eats a Few Times/Week | Eats Sometimes | Ate Once or Used to Eat |
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## Directions:

1. Please list foods AND drinks in the appropriate columns, according to the average frequency with which your child consumes the foods/drinks.
2. If you can, please include the ounces/servings consumed next to the food.
3. Include ALL foods-regular mealtime foods, snacks, candy, milk, juice, water, etc.
4. On the reverse side, please write down any comments that occur to you while completing this form (for example, any foods/drinks that don't seem to fit into one of the categories, or any other information you think is important to note)
