

FOOD FREQUENCY LIST

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

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)