

## Nutrition & Dietetics Department (Paediatrics)

# Baby Feed Diary & Questionnaire

**Try to complete for 2 days and bring to your appointment.**

Write down everything that your child eats and drinks during these days and please try to include as much detail as possible, such as:

- How much of each feed was eaten/ drunk – try to use household measures e.g. 1 tablespoon mashed potatoes or 1 teaspoon of hummus
- Don't forget to include foods added to other foods e.g. 1 tablespoon of porridge made with ½ cup of full fat milk.
- Also indicate the type of food, e.g. full fat milk, Greek yogurt etc
- Include any other information that you think is relevant in the comments box: e.g. *“won't touch the food and screams if comes anywhere near him”*
- If you breastfeed, tell us how long the baby stays on the breast
- If you use bottles, tell us what bottle and teat brand and size you are using

## Please answer the following questions

1. Tell us YOUR main concerns regarding your baby's feeding (e.g. growth, lacking key nutrients, eating behaviour, reflux, allergies, bowels issues etc.)?
2. Is your baby breastfed - formula fed or mix of breast and formula feeds?

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3. If you use formula, what brand/product do you use?
4. If your baby bottle-feeds, what bottle and what teat are you using?
5. How many feeds does baby take in 24 hours?
6. If on formula or expressing breast milk, how much (ml or oz) does baby take in TOTAL in 24h?
7. Is your baby taking any multivitamins? Which ones?
8. Does your baby have any diagnosed food allergies? Yes / No
9. Is your baby on any exclusion diet (e.g. vegetarian, egg allergy therefore avoids egg etc.), please give details?
10. When did you start weaning your baby onto solids?
11. Does your baby manage lumpy textures/finger foods?
12. Any other comment you may want to share (e.g. “baby has tongue-tie”, “prescribed Omeprazole”, “eats better with Dad”, “eat at nursery” etc):

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# FEED DIARY

Time & Meal	Food / Drinks Taken	Comments
<p><b>Example:</b> 08:00 Breast</p> <p>10:20 Bottle</p> <p>Lunch 12:50:</p>	<p><b>Example:</b> 8 mins breastfeed</p> <p>Offered 120ml, took 85ml</p> <p>1 tablespoon butternut squash &amp; chicken puree, ½ breadstick, 1 strawberry, 1 tablespoon plain Greek yogurt. Water from beaker ~5ml.</p>	<p><b>Example:</b> Struggled to latch on, coughing</p> <p>Vomit 15 mins later (small)</p>
<p><b>DAY 1</b></p>		

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Time & Meal	Food / Drinks Taken	Comments
DAY 2		

Baby's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Department of Nutrition &  
Dietetics

Kingston Hospital NHS Trust



KINGSTON HOSPITAL PAEDIATRICS:  
FROM BIRTH - 18 YEARS

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