**Food Range Diary**

 **Child’s Name: Date:**

Directions: Please list all of the different foods that your child will eat at least 2-3 bites of, each time that they are served that food (at least ~80 to 90% of the time that it is offered). Please list each individual food by its’ name. For example: List chicken nuggets; chicken fingers; chicken lunch meat; chicken pot pie; baked chicken breast VERSUS just listing chicken. List dried or dehydrated fruits or vegetables AND the fresh versions separately. List *towne crackers*, *saltines*, *graham crackers* VERSUS just listing crackers. Don’t forget to list what your child drinks.

Please be VERY SPECIFIC. Use an extra page if more space is needed.

PROTEINS STARCHES FRUITS/VEGETABLES

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PROTEINS STARCHES FRUITS/VEGETABLES

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