

## Diet History Log: Fiber and Fluids

Kids deserve the best.

Record what your child eats and drinks for one week. Use teaching sheet #1471 to help you calculate how much fiber your child is getting. Record how much fluid your child drinks each day. Compare totals with your child's recommended goals. This will show you how much you need to adjust your child's diet. **Fiber Goal:** \_\_\_\_\_ grams (g) per day **Fluid Goal:** \_\_\_\_\_ ounces (oz) per day

Feeding	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snack							
Fluids							
Fiber Totals	_____	_____	_____	_____	_____	_____	_____
Fluid Totals	_____	_____	_____	_____	_____	_____	_____

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