

Week Starting (Date): _____

	Not tried yet	25% or less	50%	75%	100%
Cow's Milk Yoghurt					
Egg					
Fish					
Peanut					
Sesame					
Wheat					

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WEEKLY DIARY

Use this to help you keep track of the key foods (cow's milk yoghurt, egg, fish, peanut, sesame and wheat) your baby eats each week.

Weekly guideline amounts are:

- 2 small pots of cow's milk yoghurt (about 40-60 grams per pot)
- 1 small egg
- 2 fishfingers or 1/4 fish fillet (25 grams)
- 3 rounded teaspoons peanut butter
- 3 teaspoons tahini (sesame paste)
- 2 wheat based biscuit cereal (e.g. Weetabix)

At the end of each week, write the date of the first day of that week in the space provided. Then put a tick (✓) in the appropriate box to indicate how much of that food your baby has eaten that week. For example, if your baby ate the food in the amounts requested, then check the boxes for '100%'. If they only ate 1/2 the guideline amount put a tick in the 50% box for that food. If your baby has not tried a food yet, simply tick that box. This weekly diary will be useful when you fill in future EAT online questionnaires.

Questions or Comments?

Contact the EAT Study Team at
0800 358 0021 or
eatstudy@gstt.nhs.uk

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