

Month: _____

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

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MONTHLY DIARY

Use this to help you keep track of the average amount of the key foods (cow's milk yoghurt, egg, fish, peanut, sesame and wheat) your toddler is having each month.

Weekly guideline amounts are*:

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

At the end of each month, write the month (include year if necessary) in the space provided. Then put a tick (✓) in the appropriate box to indicate the average weekly amount your toddler has eaten over that month. For example, if your toddler on average ate a food in the weekly guideline amount requested, then check the box for '100%'. If he/she only on average ate 1/2 the guideline amount put a tick in the 50% box for that food. If your toddler has a diagnosed allergy and is avoiding a food(s), simply tick the 'Not Eating' box.

* See the 'Follow On Tips & Recipes' Booklet for other options of key foods you can offer your toddler in recommended weekly guideline amounts (www.eatstudy.co.uk/links.html).

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Questions or Comments?
Contact EAT Study Team at
0800 358 0021 or eatstudy@gstt.nhs.uk

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