

Food & Fluid Diary for Children & Young People with Chronic Kidney Disease

Department of
Dietetics and Nutrition

Name:

Date of birth:

Dietitian's name:

Please keep this diary for ____days

Please return food diary to:

Children's Dietitians
D Floor, East block.
Queen's Medical Centre Campus
Derby Road
Nottingham
NG7 2UH

Children's Dietitian:

Contact number: (0115) 924 9924 Ext: 82066



Nottingham
Children's
Hospital

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We Care**

Tips to help you complete this food and fluid diary

1. Please write down **everything your child eats and drinks** for the next 3 days (include one weekend day).
 2. It is important not to alter your child's eating and drinking habits, otherwise the results will be incorrect.
 3. Detail quantities using handy measures e.g. teaspoons (tsp), dessert spoons (dsp) or a measured cup. Record weights from packets or bottles e.g. 200ml juice or 150g baked beans.
 4. If you can, weigh products, as this provides greater accuracy. **Remember to record what is consumed, not just what is served!**
- NB.** Measure the amount served and deduct what is not consumed
5. Remember to **include yogurt*, custard*, and sauces* such as mayonnaise, ketchup and mint sauce** (use handy measures such as tsp).
 4. State the brand names where possible e.g. Muller yogurt, Heinz baked Beans or Kellogg's Cornflakes.

* include half the total volume as fluid e.g. 100g pot of yogurt contains approximately 50ml fluid

5. Please describe cooking method used e.g. fried, boiled, baked, microwaved, or grilled.
6. If you use home cooked meals please detail the ingredients.
7. When preparing a meal for the family try to weigh or estimate the amount served/consumed by the individual child (see example shown for Bolognese on p.4-5).

When fluid overload becomes a concern, it may be necessary to include the water absorbed when boiling pasta, rice, or couscous.

In order to get an estimate of the absorbed water multiply the dry weight of the food product by 2. For example 100g of dry pasta will absorb 200ml water ($100\text{g} \times 2 = 200\text{ml water}$).

Example

Time	Description of food/drink (Including cooking method and brand name)	W
8.00am	Porridge	30
	Milk (semi-skimmed)	
	Natural yogurt	
	Orange juice	
10.30am	Can of sprite	
	McVities chocolate digestive biscuit	17
12.30pm	Bolognese: Mince beef	50
	Onion	17
	Garlic	16
	Carrots grated	12
	Vegetable stock	
	Tin of tomatoes	38
	Spaghetti (wholemeal)	75
3.00pm	Crisps (cheese and onion)	30
	Orange squash	
5.30pm	Asda Chicken nuggets (grilled)	17
	Mashed potato (without skin)	31
	Tomato ketchup	21
	Peas (Boiled)	21
	Bakewell tart	46
	Orange squash	
7.00pm	Asda Hot chocolate	
TOTAL		

Weight/amount of food	Weight/amount of fluid	Notes
30g		
	150ml	
	120g	
	140ml	
	330ml	
17g		
500g (125g per portion)		Recipe served 4
170g (43g per portion)		
16g (4g per portion)		
125g (31g per portion)		
	450ml/4 portions	112ml per portion
382g (96g per portion)		
75g per dry portion	150ml water	75g x 2= 150ml
30g packet		
	280ml	
17g each x 6 = 102g		
3 tbsp		
2 tbsp. (15ml each)	30ml	
2 tbsp		
46g		
	280ml	
	150ml mug	
	1750ml	

DAY _____

[illegible]

[illegible]

DAY _____

[illegible]

[illegible]

DAY _____

[illegible]

[illegible]

Any other information

Any other information

Children's Dietitians

The Department of Dietetics and Nutrition
Queen's Medical Centre Campus
Derby Road
Nottingham
NG7 2UH

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

Freephone (City Hospital Campus): 0800 052 1195

Freephone (QMC Campus): 0800 183 0204

From a mobile or abroad: 0115 924 9924 ext 85412 or 82301



Minicom: 0800 183 0204

E-mail: pals@nuh.nhs.uk

Letter: NUH NHS Trust, c/o PALS, Freepost NEA 14614,
Nottingham NG7 1BR

www.nuh.nhs.uk

If you require a full list of references for this leaflet please email
patientinformation@nuh.nhs.uk or phone 0115 924 9924
ext. 87754.

The Trust endeavours to ensure that the information given here
is accurate and impartial.