



Food Diary for Breastfeeding Mothers

As a breastfeeding mother, your food intake is a key element in keeping you healthy and ensuring your baby grows and develops normally. A consistent, balanced diet will help you produce nutrient rich breastmilk. We ask that you track your food intake and approximate eating times for five consecutive days using the space below. **Please be sure to bring this with you to your child's next appointment.**

DAY ONE	Date	Time	Foods Eaten
DAY TWO	Date	Time	Foods Eaten
DAY THREE	Date	Time	Foods Eaten
DAY FOUR	Date	Time	Foods Eaten
DAY FIVE	Date	Time	Foods Eaten