Fax (302) 392 - 0020 Phone (302) 392 - 2077

Delaware Modern Pediatrics, P.A. Calorie Count Chart

WMODERNE
RAN PAR
S Gresh approach to pediatric care

Child's name:	Weight:	
•		-

Please write down EVERY food or drink your child eats in three 24-hour days. You don't need to track 3 days in a row, but all intake in each full 24 hour period must be charted.

Date	Time	Name of food	Amount (measure)	Amount per serving	Calories per serving	Calculate: