

WHY DO WE NEED A FOOD AND MEAL LOG?

Keeping a food and meal log in the early years (infants, toddlers, preschoolers) helps you spot patterns, support healthy growth, and catch problems early.

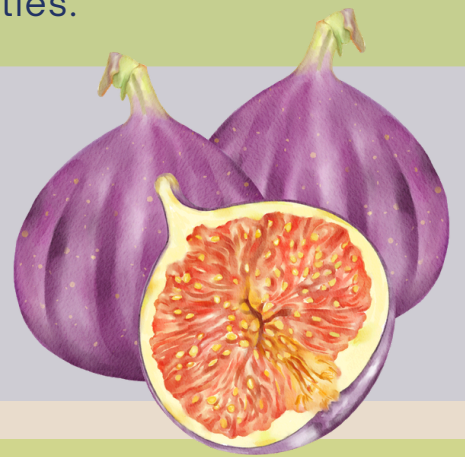
Tracks growth and nutritional intake

Young children need the right balance of nutrients for rapid growth and brain development. A log helps ensure they're getting enough variety - protein, carbohydrates (fruits & vegetables) and healthy fats, etc.



Identifies food allergies or intolerances

Recording foods alongside reactions (rash, vomiting, fussiness) can help spot patterns and potential issues like food allergy or sensitivities.



Monitors feeding patterns

It shows how often and how much a child eats or drinks (especially important for babies with milk feeds), helping detect underfeeding or overfeeding.



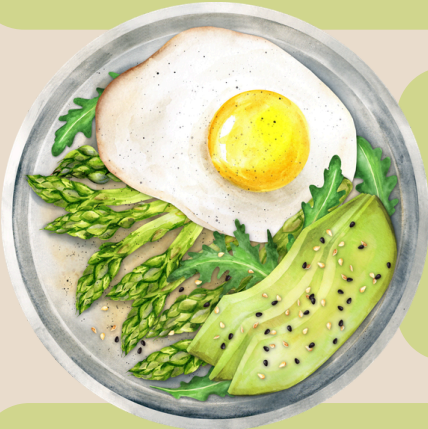
Helps with picky eating

You can identify which foods are accepted or refused and notice patterns, like rejecting vegetables at dinner but not at lunch.



Establishes routine

Tracking meals and snacks helps create consistent eating times, which supports both digestion and overall daily structure.



Supports medical or professional advice

Pediatricians or dietitians can give much better guidance when they can review a detailed log, especially if there are concerns about growth or nutrition.

Detects growth or weight concerns early

If a child isn't gaining weight properly or is gaining too quickly, a food log provides useful insight into possible causes.



Links diet to digestion

It can help connect foods with issues like constipation, diarrhea, or discomfort, including conditions such as Irritable Bowel Syndrome (though rare in very young children, digestive sensitivities can still occur).

Encourages mindful feeding by caregivers

Writing things down makes caregivers more aware of what they're offering, leading to more balanced and thoughtful choices.



Tracks introduction of new foods

Especially during weaning, it helps ensure new foods are introduced gradually and safely, while monitoring reactions.