

Food Log Instructions



Hello MAGIC family,

Congratulations, you have made it to the one-year mark in the MAGIC study and you're half way through. A big part of the microbiome is understanding what infants and toddlers eat. In order to complete the next step in your MAGIC journey we ask that you document the foods your child eats on 3 typical days in their life. In your folder you have: 3 food logs, daycare logs, instruction sheets, measurement visuals, and a conversion sheet. A step by step PowerPoint will be sent to your email address. Below are the steps to completing the food Log.

STEP 1: Pick your days

- You will be documenting 3 days total (2 weekdays and 1 weekend day)
- Pick typical days (do not log sick or vacation days), the days do not have to be consecutive
- Pick days that you will be doing most of the feedings or will know brand, food items, and amount eaten
- You have 14 days to complete your food log

STEP 2: Fill out the log

- Please be as detailed as possible
- You are more than welcome to take pictures of food items and amounts to help us, but please do not substitute pictures for completing the log
- Please write as clear and neat as possible

STEP 3: Send the completed log

- Once you have completed the food log, please send it back to the MAGIC team via
 - Email – scan the logs and send to Themagicstudy@email.chop.edu
 - Text – download scanner app or take a picture and send to 267-223-9730
 - Mail – We can provide a pre-stamped/addressed envelope
- Please keep your log until you have received a confirmation email, we may call and ask for clarification

STEP 2: After Log is received

- Once we receive your food log we will do one of two things
 1. Call you back to clarify or fill in any blanks in the logor
 2. Send you a confirmation/thank you email along with notification that \$25 has been added to your ClinCard.

Questions?

Please Contact MAGIC Study Team:

Email: Themagicstudy@email.chop.edu

Phone: 267-223-9730

Website: magicstudy.research.chop.edu