

# What Does Your Child Eat?

## Guidelines for Diet and Nutrition Screening for Children Ages Birth Through Eight Years

This tool helps to identify the child's risks for nutrition-related problems that may affect his/her growth and development.

Is the child being breastfed and/or formula fed with the recommended frequency and amounts?

Are breads and cereals eaten daily for energy?

Are fruits and vegetables eaten daily, especially foods high in vitamin A, C, folic acid, and fiber? Are these foods offered for snack?

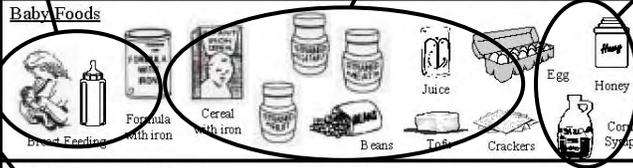
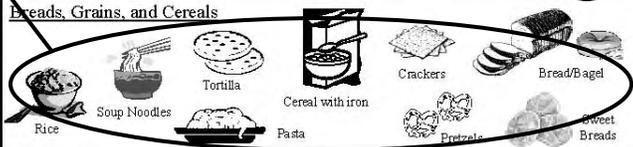
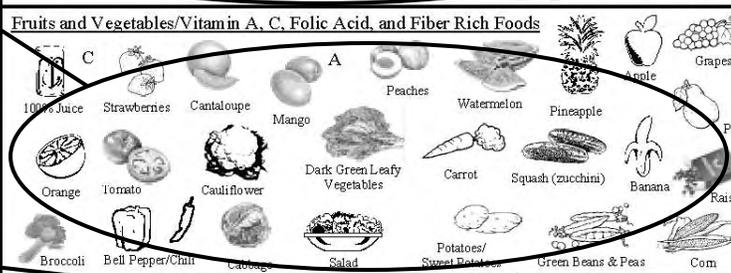
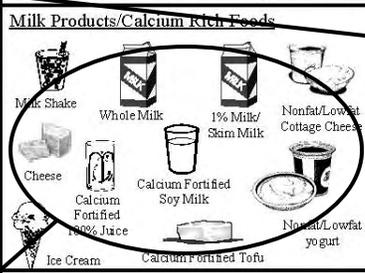
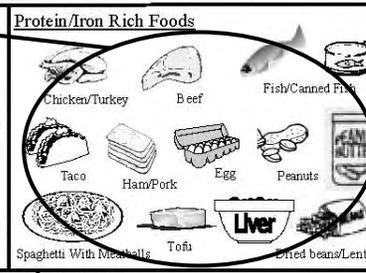
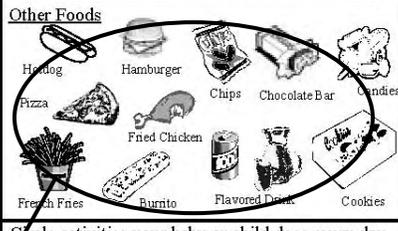
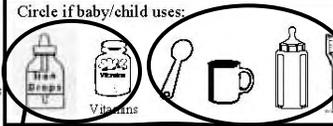
Are foods high in iron and protein eaten daily? Is child anemic or at risk for anemia?

Are dairy products eaten daily? If not, are other good sources of calcium eaten?

Are high fat/sugar foods eaten often?

### What Does Your Child Eat?

Circle the foods your child eats every day or at least 3 times per week:

<p><b>Baby Foods</b></p> 	<p>How does your child feel about mealtimes?</p> 
<p><b>Breads, Grains, and Cereals</b></p> 	
<p><b>Fruits and Vegetables/Vitamin A, C, Folic Acid, and Fiber Rich Foods</b></p> 	
<p><b>Milk Products/Calcium Rich Foods</b></p> 	<p><b>Protein/Iron Rich Foods</b></p> 
<p><b>Other Foods</b></p> 	<p>Circle if baby/child uses:</p>  <p>Circle if your baby or child receives food from:</p> <p><b>Food Stamps    School Lunch    Head Start    WIC</b></p>
<p>Circle activities your baby or child does every day.</p> 	<p>Drinks water?</p> 

Child's name: \_\_\_\_\_ Record #: \_\_\_\_\_

Age: \_\_\_ yrs \_\_\_ mos. Wt: \_\_\_ lbs. Ht: \_\_\_ in. Date: \_\_\_/\_\_\_/\_\_\_

Adapted from the Orange and San Bernardino Counties CHDP Programs  
DHS 4035 A (10/03)

Is honey or Karo Syrup being given to the child during the first year?

The "Office Use" section identifies feeding milestones and key nutrition concerns to guide the staff to provide needed counseling and/or referral.

Are mealtimes happy? Is the child eating regularly most of the time? Is the child at risk for eating disorders?

Is the child eating a variety of foods daily from the food guide pyramid? Are serving sizes enough for a young child such as:  
Cereal = 1/2-1 c,  
Fruit Juice = 1/2 c,  
Milk = 4 oz. and  
Meat = 1-2 oz.

Is the child at risk for baby bottle tooth decay and learning dental hygiene early?

Is the child at risk for lead poisoning or have food allergies or intolerances? Any nutrition referral done?

Is the child actively playing everyday?

Is the child taking iron, vitamins, and minerals?

Is water offered daily, especially after active play?

Is the child qualified to receive help from local food resources?