**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?

Is the child started on solid foods at the recommended age and learning to eat and drink by himself as he/she gets older?

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 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?

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?

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 = ½–1 c
- Fruit Juice = ½ 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?

Adapted from the Orange and San Bernardino Counties CHDP Programs.

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