

# What Do You Eat? (Ages 8-19)

**Circle the names of foods you eat often:**

**Iron/Protein**

Chicken/Turkey	Ham/Pork	Seafood	Eggs	Tofu
Hamburger	Fried Chicken	Tacos	Peanut	Pizza
Whole Grain Bread	Peanut Butter	Cereal	Rice	Hot dog
Meat/Bean Burrito	Noodle Soup	Tortilla	Beef	Pasta
Sweet Bread	Beans/Lentils	White Bread		Potato
Dark Green Leafy Vegetables		Spaghetti with Meatballs		

**Fruits and Vegetables**

Cucumber	Broccoli	Banana	100% Juice	Pear	Pea
Pineapple	Bell pepper	Orange	Carrots	Apple	Mango
Cantaloupe	Chili Pepper	Tomato	Grapes	Potato	Corn
Green Salad	Cabbage	Green Beans		Peach	Melon
Strawberry	Dark Green Leafy Vegetables			Sweet Potato	

**Snack**

Chocolate	French Fries	Fruit Pie	Donut	Candies
Vegetables	Cheese Puffs	Chips	Cookies	Bagels
Mexican Bread	Popcorn	Pretzels	Crackers	Fruits

**Drinks**

Sports Drinks	100% Fruit Juice	Wine	Soda
Alcoholic Drink	Flavored Drinks	Coffee	Beer
Sweetened Tea	Wine Cooler	Herbal Tea	Tea
Fruit Flavored Soda	Coffee Drink	Energy Drinks	Water

**Calcium**

Almond butter	Nonfat Milk	Whole Milk	2 % Milk	Prunes
1 % Lowfat Milk	Tempeh	Tahini	Yogurt	Beans
Lactose Free Milk	Ice Cream	Dried Figs	Cheese	Tofu
Cottage Cheese	Milkshake	Soy Beans	Almonds	Corn
Green Leafy Vegetables		Orange	Tortilla	
Calcium Fortified 100% Juice		Calcium Fortified Soy/Plant Milk		

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Wt:** \_\_\_\_\_ lbs **Ht:** \_\_\_\_\_ in **BMI:** \_\_\_\_\_ **BMI %ile:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Office use only:*

*Circle to indicate the topics discussed:*

Healthy eating  
Regular meals/snacks  
Importance of breakfast  
Inadequate food supply  
Low fat dairy foods  
High sugar foods  
Other: \_\_\_\_\_

**Iron/Protein**

2-3 servings daily  
High iron foods  
Plant protein sources such as  
beans, peas, lentils, nuts, etc.  
Limit high fat foods

**Fruits and Vegetables**

2-4 fruits daily or more  
3-5 vegetables daily or more  
Vitamin C sources  
Vitamin A sources

**Calcium**

3-4 servings dairy foods/day  
Nonfat or 1 % milk  
Lowfat dairy choices  
Low lactose alternative  
Calcium fortified foods  
Other food sources of calcium

**Snacks**

High-sugar snacks  
High-fat snacks  
Fruit/vegetable snacks  
Fast foods

**Drinks**

< 8-12 oz/day 100% juice  
6-8 glasses of water (8 ounces each)/day  
Sweetened drinks  
Alcohol/caffeine

**Referred for identified nutrition problem?**      **Yes**      **No**

If yes, where: \_\_\_\_\_

Provider initials: \_\_\_\_\_