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\heartsuit NUTRITION SCREENING FOR CHILDREN AGES 2 TO 5 YEARS \heartsuit

Full name	Date of Birth				
Name of Mother	Length of Pregnancy				
Name of Father	Birth Weight Current Weight				
Address	Birth Length Current Height				
City	Weight at age 1 age 2 age 3 age 4				
Phone	Height at age 1 age 2 age 3 age 4				
Doctor's name	Doctor's phone number				
Who referred you to me?	Doctor's phone number				
Did you breast feed your child?	If, yes for how long?				
	mula? If yes, which formula?				
At what age did your child start to	eat the following foods:				
Solid foods Cereals	Iron-fortified? Yes/No				
Vegetables Types:	FruitsTypes:				
Breads Type: white or whole	orain'				
Meats/Poultry Types:	s, like tofu or beanswhich kind				
Fish Types:					
Eggs Meat alternatives	s, like tofu or beans				
Dairy productsTypes:					
Soy milk, rice milk, nut milk, circle v	which kind				
100%fruit juice Types:					
Sugar sweetened juiceTypes:_					
SweetsTypes:					
How many stools does your child have	ve per day?Are they formed?				
	ol? Light brown Yellow/green Black Tan/gray Red				
	ting or gas, please circle which one?				
	hild experience bloating or gas?				
If yes, which foods					
Do ever see undigested food particles	s in your child's stool?				
If yes, which foods					
	our child get a cold, flu, ear infection, or childhood diseases?				
	on antibiotics for what				
Which vaccinations has s/he received					
How does your child sleep during the	e night, during haps?				

Dear Parent, in order to assess your child's diet, I need to get an accurate idea of what your child eats. When I am able to accurately assess your child's diet, I will be able to help you with your child's diet. Please take your time when answering the remainder of this nutrition screening questionnaire.

PAST & PRESENT SUPPLEMENTS	AMOUNT OF NUTRIENT OR HERB.	FOR HOW LONG?

Common Measurement used which can help you estimate your child's food servings. If you have any, it might help to bring out measuring cups and measuring spoons to help you visualize how many servings your child eats of a particular food.

1 cup = 16 tablespoons $\frac{1}{2}$ cup = 8 tablespoons $\frac{1}{4}$ cup = 4 tablespoons

1 tablespoons = 3 teaspoons 1 tablespoon = 15 ml

1 cup = 8 fluid ounces $\frac{1}{2}$ cup = 4 fluid ounces $\frac{1}{4}$ cup = 2 fluid ounces $\frac{1}{4}$ cup = 2 fluid ounces $\frac{1}{4}$ cup = 63 fluid ounces

HOW MANY ½ CUPS OF THE FOLLOWING DOES YOUR CHILD DRINK, IF YOUR CHILD DRINKS IT LESS THAN ONCE A DAY, INDICATE HOW MANY TIMES A WEEK

Please list the types of fluids your child usually drinks, how often, how much.

	DAILY	<u>OR</u>	WEEKLY
WATER			
MILK, WHAT %			
SOY/RICE/NUT MILK, CIRCLE WHICH ONE			
100% FRUIT JUICES			
SWEETENED JUICE			
VEGETABLE JUICES			
HERBAL TEAS (TYPE)			
REGULAR SODA (TYPE)			
DIET SODA (TYPE)			
OTHER DRINKS			

One serving equals one or grain such as rice, I How many servings from many whole grain service usually eats, how much toasted, soaked etc.	1/4 cup of dry om the Grain ring per day?_	Group do you estim Please list a	granola, 1/4 cup of pate your child eats all the types of these	pasta or macaroni. per day? How e products your child
GRAINS/BREADS	WHEN	HOW MUCH	HOW OFTEN	PREPARATION
COOKIES, CAKES, SALTY SNACKS LI Please list <i>all</i> the type	KE CHIPS (OR PRETZELS.	ŕ	eat.

WHOLE/WHITE GRAINS, BREADS, PASTAS, CRACKERS, COLD/HOT CEREALS

TYPE OF SNACK	WHEN	HOW MUCH	HOW OFTEN

FRUIT & FRUIT JUICES

One serving of fruit equals one of the following: 1/4 cup of mashed fruit, fruit puree or fruit
sauce, 1/4 apple, 1/4 banana, or 1/4 orange, 1/4 cup of chopped or canned fruit, 2 tablespoons
of dried fruit, 1/2 cup of 100% fruit juice. How many serving of fruit do you estimate your child
eats per day? Please list <i>all</i> the types fruits & juices your child usually eats & drinks,
how much, how often, when, and how is it prepared, ie, raw, canned in its own juice, chopped,
pureed, mashed, frozen, dried, or cooked.

FRUITS	WHEN	HOW MUCH	HOW OFTEN	PREPARATION

VEGETABLES & VEGETABLE JUICES

How many servings of vegetables do you estimate your child eats per day?_______

One serving equals one of the following: 1/4 cup of cooked whole vegetable, ½ cup of raw vegetables, 1/2 c. vegetable juice. Please list all the types vegetables & juices your child eats & drinks, how much, how often, when, and how is it prepared, ie, cooked whole, mashed, pureed.

VEGETABLES	WHEN	HOW MUCH	HOW OFTEN	PREPARATION

BEEF, POULTRY, PORK, LAMB, VENISON, AND FISH

MEAT ETC.	WHEN	HOW MUCH	HOW OFTEN	PREPARATION
How are the How many serving of	eggs prepared?	estimate your child	eats per day?	
How are the How many serving of equals one of the followogurt or ice cream, sour cream. Please list all the typorepared, ie, as part	eggs prepared? of dairy do you lowing: 1/2 cup 1 oz of cheese, oes of dairy pro of a dish, sauce	estimate your child of of milk or yogurt, 1/4 cup of cottage of ducts you eat, how i	eats per day? 1/2 cup of pudding, cheese, 1 tablespoor much, how often, w	1/2 cup of frozen n of cream cheese or
How are the How many serving of equals one of the followogurt or ice cream, sour cream. Please list all the typorepared, ie, as part	eggs prepared? of dairy do you lowing: 1/2 cup 1 oz of cheese, oes of dairy pro of a dish, sauce	estimate your child of of milk or yogurt, 1/4 cup of cottage of ducts you eat, how i	eats per day? 1/2 cup of pudding, cheese, 1 tablespoor much, how often, w	1/2 cup of frozen n of cream cheese or
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How many eggs do How are the How many serving of equals one of the followogurt or ice cream, sour cream. Please list all the typorepared, ie, as part DAIRY PRODUCT	eggs prepared? of dairy do you lowing: 1/2 cup 1 oz of cheese, oes of dairy pro of a dish, sauce	estimate your child of milk or yogurt, 1/4 cup of cottage of ducts you eat, how the soup, on bread, etc.	eats per day? 1/2 cup of pudding, cheese, 1 tablespoor nuch, how often, w	1/2 cup of frozen of cream cheese or hen, and how it is

MEAT ALTERNATIVES & DAIRY ALTERNATIVES

do you estimate your child eats a meat alternate?

MEAT/ DAIRY ALTERNATIVES	WHEN	HOW MUCH	HOW OFTEN	PREPARATIO
verages your child oattern of a typical	ate yesterda	OUR RECALL: Ple ny, or if it was an un RAGE: AMOU	usual day for you	r child please give
verages your child pattern of a typical	ate yesterda day.	y, or if it was an ui	usual day for you	
verages your child oattern of a typical	ate yesterda day.	y, or if it was an ui	usual day for you	r child please give
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One serving equals one of the following: 1/4 cup of cooked beans, 1/4 cup of tofu, 1/4 cup tofu, 1/2 tofu dog, burger etc. 1/2 cup of soy milk, 1 tablespoon of nut butter. How many times per week

MISCELLANEOUS DIETARY QUESTIONS
How many teaspoons of sugar, syrups, honey, jams, jellies or spreadable fruit does your child use either per day, week, or month?
What type of cooking oils do you use for your child, how much, how often, is it cold pressed?
What type of margarine do you use for your child, hard or soft type. What about butter or mayo? Where do you use it on? How much? How often?
How often do your child eats fried foods, ie. french fries, potato chips, tempura?
Does you child have any known food allergies? How were you able to pinpoint the food allergy, ie. By elimination, by allergy testing, by muscle testing. What are the symptoms, how soon do they occur after eating?
If food allergies are not known, do you suspect any food allergies? Which foods you suspect might give your child problems? What are the symptoms, how soon do they occur after eating?
Dear Parent, if you have any questions regarding this nutrition screening questionnaire don't hesitate to call me. ©