

What Does Your Child Eat?

(Ages Birth – Eight)

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

Baby Foods

Breast milk Formula with Iron Cereal with Iron
 Pureed Fruit Pureed Vegetables Pureed Meat Eggs Beans
 Juice Sweetened Beverages Honey

Breads, Grains and Cereals

Whole Grain Bread White Bread Tortilla Sweet Bread
 Cereal with Iron Oatmeal Bagels Crackers Pretzels
 Noodle Soup Pasta Rice

Fruits and Vegetables

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

Milk Products

Whole Milk 2% Milk 1% Lowfat milk Nonfat Milk
 Flavored Milk Lactose Free Milk Cheese Cottage Cheese
 Yogurt Ice Cream

Other Food Sources of Calcium

Beans Tofu Soy Yogurt/Milk Green leafy vegetables
 Calcium Fortified 100% Juice Fortified Plant Milk (Almond, Rice)

Protein Foods

Chicken/Turkey Beef Ham/Pork Fish/Canned fish Eggs
 Tofu Tacos Meat/Beans Burritos Peanuts/Peanut/Nut Butters
 Beans/Lentils Spaghetti with Meatballs

Other Foods

Hot dog Hamburger Pizza French Fries Fried Chicken
 Chips Cheese Puffs Candies Chocolate Cookies

Circle if baby/child uses

Fluoride Iron Drop Vitamins
 Spoon Cup Baby bottle Toothbrush

Circle if baby/child drinks

Water Soda Sugar Sweetened Drinks Sports Drinks Juice

Circle activities your baby or child does every day

Crawling Walking Swinging Rope jumping
 Playing ball Riding a tricycle/bicycle
 Views TV, video games or computer more than two hours a day

Circle if baby/child receives

CalFresh (Food Stamps) School Lunch Head Start WIC

Child's name: _____ Record

#: _____ DATE OF BIRTH _____

Age: ____ yrs ____ mos Wt: ____ lbs Ht: ____ in Date: ____/____/____

Please circle Yes or No

to answer the following questions:

Birth to 24 months

Does the child less than 1 year of age eat honey/corn syrup? Yes No

0-6 months

Breastfeeding at least 8–12 times each 24 hours for first 3 months? Yes No
 Breastfeeding 6-8 times or more each 24 hours for age 4-6 months? Yes No
 Feeding formula with iron at least 20 ounces a day? Yes No

6 to 9 months

Eats baby cereal with iron? Yes No
 Eats pureed fruits and vegetables? Yes No
 Eats pureed or ground meat, fish cooked egg yolk, beans, tofu? Yes No
 Drinks or sips from a cup? Yes No

9 to 12 months

Eats mashed/chopped foods? Yes No
 Eats foods with fingers? Yes No

1 to 2 years

Drinks 16 ounces whole milk a day? Yes No
 Eats a variety of different foods? Yes No
 Feeds himself (or herself)? Yes No
 Joins family meal and snack times? Yes No
 Drinks soda or other sweet drinks? Yes No

Other

Does the child have food allergies or intolerances? Yes No

Please list: _____

Does the child play with or eat dirt, plaster, clay or paint chips? Yes No

Does the child 3 years or younger eat grapes, nuts, seeds, popcorn hot dogs and/or hard candy? Yes No



OFFICE USE ONLY

Referred for identified nutrition problem? Yes No

If yes, where: _____

Provider initials: _____