

code: PD002



What Does Your Child Eat?

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

Today's Date

First Name

Middle Initial

Last Name

Age

Weight

Height

Baby Foods

Check All That Apply

- Breast Feeding
- Formula With Iron
- Cereal With Iron
- Fruit
- Honey

Check All That Apply

- Vegetable
- Meat
- Beans
- Juice

Check All That Apply

- Tofu
- Crackers
- Eggs
- Corn syrup

How does your child feel about mealtimes?

Does Your Baby Or Child Drink Water

Fruits and Vegetables/Vitamin A, C, Folic Acid, and Fiber Rich Foods

Fruits

- 100% Juice
- Apple
- Banana
- Cantaloupe
- Grapefruit
- Grapes
- Mango
- Orange
- Peaches
- Pear
- Pineapple
- Raisins
- Strawberries
- Tomato
- Watermelon

Vegetables

- Bell Pepper/Chili
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Dark leafy Green Veggies
- Green Beans
- Mushrooms
- Peas
- Potatoes
- Salad
- Squash
- Sweet potatoes

Breads, Grains, and Cereals**Check All That Apply**

- Bread/Bagel
- Cereal with Iron
- Crackers
- Pasta
- Pretzels
- Rice
- Soup Noodles
- Sweet Breads
- Tortilla

Milk Products/Calcium Rich Foods**Check All That Apply**

- 1% /skim milk
- Calcium Fortified 100% Juice
- Calcium Fortified Soy Milk
- Calcium Fortified Tofu
- Cheese
- Ice Cream
- Milk Shake
- Nonfat/Low fat Cottage Cheese
- Non-fat/Low-fat Yogurt
- Whole Milk

Protein/Iron Rich Foods

Check All That Apply

- Beef
- Chicken/Turkey
- Dried Beans/Lentils
- Egg
- Fish/Canned Fish
- Ham/Pork
- Liver
- Peanut Butter/Jelly
- Peanuts
- Spaghetti with Meatballs
- Taco
- Tofu

Other Foods

Check All That Apply

- Burrito
- Candies
- Chips
- Chocolate Bar
- Cookies
- Flavored Drink
- French Fires
- Fried Chicken
- Hamburgers
- Hot dogs
- Pizza

Select if baby/child uses

Check All That Apply

- Baby Bottle
- Dropper
- Spoon
- Cup
- Toothbrush
- Vitamins

Select activities your baby or child does every day

Activity

- Crawling
- Walking
- Riding Bike
- Playing Outside/Park
- Playing Sports
- Jump Rope
- Running

Child receives food from

Source(s)

- Food Stamps
- School Lunch
- Head Start
- W.I.C