Version: 01/15/2007	OMB #: 0925-xxxx Expiration Date: xx/xxxx	
Source: EPA, NHANES, IFPS		_
Visits: 6, 12, and 18 Months	Britt GODE Eribee	<u>Apper</u>
Mode: Self-administered	OR SUBJECT ID HERE	<u>A</u>
Estimated Time: 5 minutes		A.2.1.
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# National Children's Study Infant 3-Day Food Checklist

6, 12, and 18 Months

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Instructions!



This booklet contains 3 Food Checklists and Instructions.

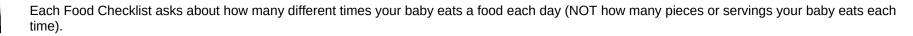


Fill out one Food Checklist throughout the day on the next:

[PUT LABEL HERE WITH DAYS] [EITHER TH, F, SA OR SU, M, TU]



Each Food Checklist asks about some (but NOT all) of the foods your baby eats.





Complete the Checklist each day by checking a box each time your baby eats a food on that day.



If your baby is regularly cared for by someone else, it is very important that you ask your child-care provider to fill out the Checklist while caring for your baby.



Use only a black ball-point pen (not red ink or felt tip) to mark your foods. If you make a mistake, cross out the incorrect answer.



How to Record Foods Check (✓) a box for every food your baby eats at a different meal or snack.	Apper
<b>Example:</b> My baby drank a bottle of formula made from cow's milk for breakfast, half a bottle for a mid-morning snack, a bottle for lunch, half of a small bottle in the afternoon, formula from a cup at dinner and a bottle at night.	<u>A</u> <u>A</u> <u>A.2.1.</u>
Do NOT count the number of pieces or servings of the same food your baby eats at a meal or snack.  Example: My baby ate two animal crackers for a snack.  My baby ate two animal crackers	
Record pureed or chopped baby food you make or commercial baby food you buy at the store by checking the kind of food your baby ate.  Example: My baby ate one half jar of pureed carrots at lunch and the rest of the jar at dinner.  I Carrots	
Record commercial baby food combination dinners, such as a Turkey and Rice Dinner or a Spaghetti Dinner, as a combination dinner under Meat, Fish, Eggs and Other Main Dishes.  Example: My baby ate a half jar of vegetable stew for babies at lunch and another half jar for dinner.  My baby ate a half jar of vegetable stew for babies at lunch and another half jar for dinner.  Combination dinners (commercial baby food)	
Record mixtures (casseroles, pasta, and beans and rice dishes) by checking each food in the mixture.          Example:       My baby ate a few spoonfuls of macaroni and cheese for dinner.         Image: I	

	Please enter today's DATE	/ / (month/day/y	vear)			AA	1
Ĩ	What day is <b>TODAY?</b>	Monday Tuesday Saturday Sunday	Wednesday	Thursday	Friday	Dav 1	<u>Apper</u> A
Î	Now fill in the foods your bab	by eats today in the boxes below.					$\int \frac{A}{A.2.1.}$

#### Version: 01/15/2007

Milk and	Cheese
Breast milk	
Cow's formula	
Soy formula	
Cow's milk (whole, low fat,	
Soy milk	
Other milk (rice, goat, etc.)	
Yogurt (all kinds)	
Ice cream	
Pudding	

Eggs, Meat Main Dishe	s, & Other s
Chicken	
Turkey	
Beef	
Pork	
Combination dinners	
Eggs	
Fish or shellfish	
Peanut butter or nuts	
Tofu or bean curd	
Other meats	

Beverages	
Apple juice for babies	
Apple juice	
Grape juice	
Orange juice	
Pineapple juice	
Other 100% juice	
Sweet drinks (juice drinks, soda,	
Water	

Fruits	
Apple	
Applesauce	
Banana	
Cantaloupe	
Grapes	
Orange	
Peaches	
Pear	
Strawberries	
Watermelon	
Other fruits	

Vegetables	
Beans, green	
Broccoli	
Carrots	
Cucumber	
Corn	
Dried beans & peas (refried, black, pintos)	
French fries	
Lettuce	
Onion	
Peas	
Potatoes (no	
Potatoes (with peel)	
Sweet potatoes	
Tomatoes	
Tomato sauce/paste	
Other vegetables	

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#### Expiration Date: xx/xxxx **Cereal/Grains** Baby cereal

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Corn cereal or bread Cheerios Oatmeal Bread, white Bread, whole

wheat

Rice, white

Pasta noodles

Other grains

OMB #: 0925-xxxx

Deel		
Pork		
Combination dinners		
Eggs		
Fish or shellfish		
Peanut butter or nuts		

	Other vegetables

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Snacks & S	weets
Crackers	
Teething biscuits	
Corn chips	
Potato chips	
Graham crackers	
Animal crackers	
Cookies	
Chocolate candy	
Other sweets	

Please ent	ter today's DATE	/ / (mc	onth/day/year)					. 7
	is TODAY?		uesday 🗌 W unday	/edne	esday 🗌 Thurs	day 🗌	Day	/ 2
Now fill in	the foods your baby	eats today in the boxe	es below.			l		
Milk and Che	ese	Beverages		[	Vegetables		Cereal/Grai	ns
Breast milk		Apple juice for babies			Beans, green		Baby cereal	
Cow's		Apple juice			Broccoli		Corn cereal or bread	
Soy formula		Grape juice			Carrots		Cheerios	
Cow's milk (whole, low fat,		Orange juice			Cucumber		Oatmeal	
· · · · · · · · · · · · · · · · · · ·		Pineapple juice			Corn		Bread, white	
Other milk (rice, goat, etc.)		Other 100% juice			Dried beans & peas (refried, black, pintos)		Bread, whole wheat	
Yogurt (all kinds)		Sweet drinks (juice drinks, soda,			French fries		Rice, white	
Ice cream		Water			Lettuce		Pasta noodles	
Pudding		Fruits			Onion		Other grains	
Eggs, Meats Main Dishes	, & Other	Apple			Peas		Snacks & Sv	woots
		Applesauce			Potatoes (no		Crackers	
Chicken Turkey		Banana		-	Potatoes (with peel)		Teething	
Beef		Cantaloupe			Sweet potatoes		biscuits Corn chips	
Pork		Grapes			Tomatoes		Potato chips	
Combination dinners		Orange			Tomato sauce/paste		Graham crackers	
Eggs		Peaches			Other vegetables		Animal crackers	
Fish or shellfish		Pear		l	-		Cookies	
Peanut butter or		Strawberries					Chocolate candy	
nuts Tofu or bean		Watermelon				1 De Claip D	Other sweets	

Other fruits

Other meats

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What Frida	se enter today's DATE t day is <b>TODAY?</b> Ny	Monday T	onth/day/year) Tuesday 🗌 V unday	Vedn	esday 🗌 Thurs	sday		<b>Day</b>	/ 3
	fill in the foods your bab		es below.	1	Magatablaa		ו		
Milk and Breast milk		BeveragesApple juice for			Vegetables Beans, green			Cereal/Grai Baby cereal	ns 
Cow's formula		babies Apple juice			Broccoli		-	Corn cereal or	
Soy formula		Grape juice			Carrots		-	bread Cheerios	
Cow's milk (whole, low fat,		Orange juice			Cucumber			Oatmeal	
Soy milk		Pineapple juice			Corn			Bread, white	
Other milk (rice, goat, etc.)		Other 100% juice			Dried beans & peas (refried, black, pintos)			Bread, whole wheat	
Yogurt (all kinds)		Sweet drinks (juice drinks, soda,			French fries		-	Rice, white	
Ice cream		Water			Lettuce		_	Pasta noodles	
Pudding		Fruits		1	Onion			Other grains	
Eggs, Me	eats, & Other shes	Apple			Peas			Snacks & S	weets
Main Dis Chicken	shes	Applesauce			Potatoes (no			Crackers	
Turkey		Banana			Potatoes (with peel)			Teething biscuits	
Beef		Cantaloupe		1	Sweet potatoes			Corn chips	
Pork		Grapes			Tomatoes			Potato chips	
Combination dinners		Orange		1	Tomato			Graham	

Apple	
Applesauce	
Banana	
Cantaloupe	
Grapes	
Orange	
Peaches	
Pear	
Strawberries	
Watermelon	
Other fruits	

Eggs

nuts

curd

Fish or shellfish

Peanut butter or

Tofu or bean

Other meats

ains 

		Snacks & Sweets		
Potatoes (no neel)			Crackers	
Potatoes (with peel)			Teething biscuits	
Sweet potatoes			Corn chips	
Tomatoes			Potato chips	
Tomato sauce/paste			Graham crackers	
Other vegetables			Animal crackers	
			Cookies	
			Chocolate candy	
	C Carlos	L	Other sweets	

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### Thank you!

To finish, please complete questions 4, 5, and 6.

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4

Please tell me about how much of the food fed to your baby today was commercial baby food?

Commercial baby foods are those sold especially for babies. Foods that are <u>not</u> commercial include fresh fruit, fruit juices other than those especially sold for babies, foods you prepare especially for baby, and table food.

		Always commercial baby food	Usually commercial baby food	Sometimes commercial baby food	Never commercial baby food	Not fed to baby in past 7 days
a.	Fruit and vegetable juice					
b.	Fruit					
C.	Vegetables					
d.	Meat, chicken, combination dinners, etc					

5

Think about the fruits and vegetables and baby foods you fed your baby today. How many of those foods were labeled "organic"?

		Some	Most	None
In the <u>past month,</u> did you always, usually, sometimes, or seldom:	Always	Usually	Sometimes	Seldom
a. Wash your hands before preparing food for your baby?				
<ul> <li>Wash the cutting board or counter before preparing food on it for your baby?</li> </ul>				
<ul> <li>Wash or rinse fresh fruits and vegetables at least 20 seconds and drain 2 minutes before preparing them for your baby?</li> </ul>				

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## Thank you <u>very much</u> for completing the 3-Day Food Checklists. All of your answers are very important to the study.

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