

Source: EPA, NHANES, IFPS
Visits: 6, 12, and 18 Months
Mode: Self-administered
Estimated Time: 5 minutes

BAR CODE LABEL
OR SUBJECT ID HERE

National Children's Study Infant 3-Day Food Checklist

6, 12, and 18 Months

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.



Each Food Checklist asks about how many different times your baby eats a food each day (NOT how many pieces or servings your baby eats each time).



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.

Example:

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.

☒ ☐ ☒ ☐ ☒ ☐ ☒ ☐ ☒ Cow's milk formula

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.

☒ ☐ ☐ ☐ ☐ ☐ 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.

☒ ☐ ☒ ☐ ☐ ☐ 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.

☒ ☐ ☒ ☐ ☐ ☐ 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.

☒ ☐ ☐ ☐ ☐ ☐ Pasta noodles
☒ ☐ ☐ ☐ ☐ ☐ Cheese
☒ ☐ ☐ ☐ ☐ ☐ Cow's milk



Please enter today's DATE ____ / ____ / ____ (month/day/year)



What day is **TODAY**?

☐

Monday

☐

Tuesday

☐

Wednesday

☐

Thursday

☐

Friday

☐

Saturday

☐

Sunday



Now fill in the foods your baby eats today in the boxes below.



Appendix

A

A.2.1.

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, Meats, & Other Main Dishes

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 peel)	☐ ☐ ☐ ☐
Potatoes (with peel)	☐ ☐ ☐ ☐
Sweet potatoes	☐ ☐ ☐ ☐
Tomatoes	☐ ☐ ☐ ☐
Tomato sauce/paste	☐ ☐ ☐ ☐
Other vegetables	☐ ☐ ☐ ☐

**Cereal/Grains**

Baby cereal	☐ ☐ ☐ ☐
Corn cereal or bread	☐ ☐ ☐ ☐
Cheerios	☐ ☐ ☐ ☐
Oatmeal	☐ ☐ ☐ ☐
Bread, white	☐ ☐ ☐ ☐
Bread, whole wheat	☐ ☐ ☐ ☐
Rice, white	☐ ☐ ☐ ☐
Pasta noodles	☐ ☐ ☐ ☐
Other grains	☐ ☐ ☐ ☐

Appendix A**A.2.1.**

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

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Please enter today's DATE ____ / ____ / ____ (month/day/year)



What day is **TODAY**?

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐

Friday

☐ Saturday

☐ Sunday



Now fill in the foods your baby eats today in the boxes below.

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, Meats, & Other Main Dishes

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 neel) ☐ ☐ ☐ ☐

Potatoes (with peel) ☐ ☐ ☐ ☐

Sweet potatoes ☐ ☐ ☐ ☐

Tomatoes ☐ ☐ ☐ ☐

Tomato sauce/paste ☐ ☐ ☐ ☐

Other vegetables ☐ ☐ ☐ ☐



Day 2

Cereal/Grains

Baby cereal ☐ ☐ ☐ ☐

Corn cereal or bread ☐ ☐ ☐ ☐

Cheerios ☐ ☐ ☐ ☐

Oatmeal ☐ ☐ ☐ ☐

Bread, white ☐ ☐ ☐ ☐

Bread, whole wheat ☐ ☐ ☐ ☐

Rice, white ☐ ☐ ☐ ☐

Pasta noodles ☐ ☐ ☐ ☐

Other grains ☐ ☐ ☐ ☐

Snacks & Sweets

Crackers ☐ ☐ ☐ ☐

Teething biscuits ☐ ☐ ☐ ☐

Corn chips ☐ ☐ ☐ ☐

Potato chips ☐ ☐ ☐ ☐

Graham crackers ☐ ☐ ☐ ☐

Animal crackers ☐ ☐ ☐ ☐

Cookies ☐ ☐ ☐ ☐

Chocolate candy ☐ ☐ ☐ ☐

Other sweets ☐ ☐ ☐ ☐

Appendix A

A.2.1.

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Please enter today's DATE ____ / ____ / ____ (month/day/year)



What day is **TODAY**?

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐

Friday

☐ Saturday

☐ Sunday



Now fill in the foods your baby eats today in the boxes below.

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, Meats, & Other Main Dishes	
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 neel)	☐ ☐ ☐ ☐
Potatoes (with peel)	☐ ☐ ☐ ☐
Sweet potatoes	☐ ☐ ☐ ☐
Tomatoes	☐ ☐ ☐ ☐
Tomato sauce/paste	☐ ☐ ☐ ☐
Other vegetables	☐ ☐ ☐ ☐



Day 3

Cereal/Grains	
Baby cereal	☐ ☐ ☐ ☐
Corn cereal or bread	☐ ☐ ☐ ☐
Cheerios	☐ ☐ ☐ ☐
Oatmeal	☐ ☐ ☐ ☐
Bread, white	☐ ☐ ☐ ☐
Bread, whole wheat	☐ ☐ ☐ ☐
Rice, white	☐ ☐ ☐ ☐
Pasta noodles	☐ ☐ ☐ ☐
Other grains	☐ ☐ ☐ ☐

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

Appendix A

A.2.1.

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Thank you!

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

Appendix A

A

A.2.1.



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 not 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.....	☐	☐	☐	☐	☐



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

All	Some	Most	None
☐	☐	☐	☐



In the past month, did you always, usually, sometimes, or seldom:

	Always	Usually	Sometimes	Seldom
a. Wash your hands before preparing food for your baby?.....	☐	☐	☐	☐
b. Wash the cutting board or counter before preparing food on it for your baby?.....	☐	☐	☐	☐
c. Wash or rinse fresh fruits and vegetables at least 20 seconds and drain 2 minutes before preparing them for your baby?	☐	☐	☐	☐

Appendix

A

A.2.1.

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Comments

Did you have any difficulty understanding how to fill out the Food Checklists? If so, please explain.

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

Appen

A

A.2.1.

back cover

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