

Please complete this questionnaire at the end of the month and bring it with you to the site visit.

## LABEL FOR CLINICAL CENTER RETURN ADDRESS

## General Instructions

This questionnaire is about your child $\qquad$ . When we refer to "your child," please respond with this child in mind.

This questionnaire asks you about the foods your child has eaten in the past month.
Answer each question as best you can. Estimate if you are not sure. A guess is better than leaving a blank.

Use only a black ball-point pen. Do not use a pencil or felt-tip pen. Do not fold, staple, or tear the pages.

Put an $X$ in the box next to your answer.
If you make any changes, cross out the incorrect answer and put an X in the box next to the correct answer. Also draw a circle around the correct answer.

BEFORE YOU BEGIN, PLEASE FILL IN TODAY'S DATE:



B. Please check the box that best represents how often your child ate each of the foods listed, on average, in the past month.

| Vegetables | Never | Less than <br> 1 time per week | 1 time per week | 2-4 times per week | Nearly every day or every day | 2 or more times per day |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Corn | $\square$ | $\square$ |  |  |  |  |
| 2. Peas | $\square$ | $\square$ |  |  | $\square$ | $\square$ |
| 3. Tomatoes |  | $\square$ | $\square$ |  |  | $\square$ |
| 4. Peppers (all kinds) |  |  | $\square$ |  |  | $\square$ |
| 5. Carrots |  | $\square$ | $\square$ |  |  |  |
| 6. Broccoli |  | $\square$ |  |  |  |  |
| 7. Green beans | $1$ | $0$ |  | $\square$ |  |  |
| 8. Spinach |  |  |  |  |  |  |
| 9. Squash (orange or winter) |  |  |  |  | $\square$ |  |
| 10.French fries, fried potatoes |  |  |  | $\square$ | $\square$ |  |
| 11.Potatoes (baked, boiled or mashed) | $\square$ |  |  |  |  | $\square$ |
| 12. Onion |  | $\ldots$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 13. Sweet potatoes or yams |  | $\square$ |  |  | $\square$ | $\square$ |
| 14.Cabbage, coleslaw, or cauliflower | $\square$ |  |  |  | $\pm$ |  |
| 15. Cucumbers |  | $ـ$ | $\square$ | $\ldots$ | $\square$ | $\square$ |
| 16.Lettuce salad | $\square$ | $\pm$ | $\square$ | $\square$ | $\square$ |  |
| 17. Mixed vegetables |  |  | $\square$ |  |  |  |
| 18. Baked beans or chili beans |  | $\square$ | $\square$ |  | $\square$ | $\square$ |
| 19. Other dried beans, dried peas or lima beans | $\square$ |  | $\square$ | $\square$ | $\square$ |  |

C. Please check the box that best represents how often your child ate each of the foods listed, on average, in the past month.

| fish, and other main dishes | Never | $\begin{aligned} & \text { Less than } \\ & 1 \text { time } \\ & \text { per week } \end{aligned}$ | $\begin{aligned} & 1 \text { time } \\ & \text { per week } \end{aligned}$ | 2-4 times | $\begin{aligned} & \text { Nearly } \\ & \text { every lay or } \\ & \text { every day } \end{aligned}$ | $\begin{gathered} 2 \text { or more } \\ \text { times per day } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Pizza | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 2. Macaroni and cheese | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3. Peanut butter | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 4. Hamburger, meatballs, or | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 5. Beef-steak or roast | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 6. Pork-chops, roast, or ribs | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 7. Ham-baked or steak | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 8. Cold cuts (bologna, salami, ham) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 9. Sausage | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 10. Bacon | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 11. Hot dogs | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 12. Fried chicken, chicken nuggets | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 13. Other chicken or turkey | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 14. Canned tuna | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 15. Fried fish, fish sticks | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 16. Other fish | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 17. Tofu or soy beans | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 18. Vegetable soup | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 19. Other soup | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

D. Please check the box that best represents how often your child ate each of the foods listed, on average, in the past month.

| $\text { ) } \begin{aligned} & \text { Starches } \\ & \& \text { grains } \end{aligned}$ | Neere |  |  |  |  |  | coin |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Pasa | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Whie | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3. Brown Rice | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
|  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
|  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 6. Contreado oromila | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 7. oameal | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 8. Ceeal (cob) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 9. Donut, fied dough | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| etator | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
|  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
|  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| Bsaut | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

E. Please check the box that best represents how often your child drank each of the beverages

12. What kind of milk does your child usually drink?

| Breast milk, breast fed................. | 1\% milk......................................... |
| :---: | :---: |
| Breast milk, expressed................ | Skim milk ....................................... |
| Formula made from cow's milk ..... | Soy milk........................................... |
| Formula made from soy milk........ | Other............................................ |
| Whole milk... | My child does not drink milk .............. |
| 2\% milk.................................... |  |

13. What kind of water does your child usually drink?

| Tap water, not filtered.................... |
| :--- |
| $\square$ <br> Tap water, filtered.......................... |
| Bottled water ................................... |

F. Please check the box that best represents how often your child ate each of the foods listed, on average, in the past month.

| $+1+3 \operatorname{cog}^{2}$ | Never | Less than 1 time per week | 1 time per week | 2-4 times per week | Nearly every day or every day | 2 or more times per day |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Cheese, plain or in sandwiches | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 2. Cream cheese | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3. Cottage cheese | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 4. Yogurt | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 5. Ice cream | $\square$ | , |  | $\square$ | $\square$ | $\square$ |
| 6. Pudding | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 7. Whole eggs | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

G. Please check the box that best represents how often your child ate each of the foods listed, on average, in the past month.

|  | Never | Less than 1 time per week | 1 time per week | 2-4 times per week | Nearly every day or every day | 2 or more times per day | 5 or more times per day |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. Butter (not margarine) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 2. Margarine (tub) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3. Margarine (stick) | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 4. Mayonnaise | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 5. Salad dressing | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

H. Please check the box that best represents how often your child ate each of the foods listed, on average, in the past month.


1. Are there any other foods not mentioned above that your child eats at least once per week? Please write in the name of the food and check the box that best represents how often your child ate each food, on average, in the past month.

|  | Other foods your child eats once per week | 1 time per week | 2-4 times per week | Nearly every day or every day | 2 or more times per day | 5 or more times per day |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $1 .$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 2. |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3. $\qquad$ |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 4. $\qquad$ | - | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 5. |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 6. | - | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 7. |  | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

J. In the past month, how often does your child eat fast foods away from home or as take out (French fries, egg rolls, fried chicken, shrimp, clams, etc.)?
$\begin{array}{ll}\text { Less than once per week .............. } & \square \\ 1 \text { time per week............................ } & \square \\ 2 \text { to } 4 \text { times per week .................... } & \square \\ \text { Nearly every day or every day ...... } & \square\end{array}$
K. In the past month, did you always, usually, sometimes, or seldom:
Always Usually


1. Wash your hands before preparing food for your family?

2. Wash the cutting board or counter before preparing food on it for your family?

3. Wash or rinse fresh fruits and vegetables 20 seconds and drain 2 minutes before preparing them for your family?

L. In the past month, did your child eat any of the following foods that contain raw eggs?


|  | Yes | No | Don't know |
| :--- | :--- | :--- | :--- |
| 1. Raw, homemade cookie or cake batter? | $\square$ | $\square$ | $\square$ |
| 2. Homemade frosting with raw egg? | $\square$ | $\square$ | $\square$ |
| 3. Caesar salad with raw egg? | $\square$ | $\square$ | $\square$ |
| 4. Chocolate mousse with raw egg? | $\square$ | $\square$ | $\square$ |
| 5. Homemade eggnog? | $\square$ | $\square$ | $\square$ |
| 6. Homemade ice cream with raw egg? | $\square$ | $\square$ | $\square$ |
| 7. Shakes with raw egg? | $\square$ | $\square$ | $\square$ |

M. Where does your child eat, including breakfast, lunch, dinner, and snacks? For each of these places, tell me if she eats in these places usually, sometimes, or never.

1. Kitchen table or counter
2. High chair
3. Dining room table
4. Living room on a table or coffee table
5. On the carpet or floor anywhere in the house
6. Bedroom on a table or dresser
7. Garage
8. On a table or bench outside the house
9. Anywhere else he or she chooses
N. Which of the following supplements was your child given at least 3 days a week during the past month? [MARK ALL THAT APPLY.]

O. Were the supplements you gave your baby in the form of drops or pills? [NOTE: MARK CRUSHED PILLS MIXED WITH LIQUID AS PILLS.]

Drops $\qquad$


Pills $\qquad$
$\square$


# Thank you very much for completing this questionnaire! All of your answers are very important. 

Please help us by looking at each page again to make sure that you:

Did not skip any pages and
Crossed out the wrong answer and circled the right answer if you made any changes.


