

DIETARY ASSESSMENT CHILD ---Pick a color/texture/face/image that tells me how you feel about ___ appetite and eating? Tell me more about that. Affirm-- Clarify/Probe for better understanding--Reflect/Summarize. Discuss possible solutions to mealtime challenges. Frame this as “Other moms have found that ___ is helpful”.

Framework/INPC-RC	Questions:	Follow-up Education
<p>Consider the “what, how and when” foods are provided to the child.</p> <p>Routinely feeding a diet very low or low in calories and or essential nutrients. [Vegan diet, macrobiotic diet or other diet low in calories or nutrients.] 425.6</p>	<p>If it is ok with you I would like to ask you a few questions, so that I have a better understanding of ___ eating habits.</p> <p>Are there any foods that you think ___ may not eat enough of? i.e. milk/yogurt/cheese; protein foods; fruits; vegetables, grains etc. What is a typical day of eating for ___? Tell me about his/her typical meals and snacks from the beginning of the day until bedtime. Screen for adequacy and variety.</p> <p>Tell me about mealtimes in your home for ____? Are meals/snacks eaten together? Screen for distractions at feeding time. Where are meals/snacks eaten? (at a table? Sitting down? Does ___ have a high chair/booster seat?) <i>Any special foods or meals?</i>—Screen for picky eater, possible food allergies, intolerances, aversions, difficulty chewing or swallowing.</p> <p>How often are meals away from home? Where? Frequency?</p>	<p>Review age appropriate feeding guidelines.</p> <p>Discuss typical childhood eating behaviors.</p> <p>Discuss appropriate portions.</p>
<p>Consider the “what, how and when” of beverages, bottle use, sippy cup use, or pacifier use.</p> <p>Routinely feeding inappropriate beverages as the primary milk source. (NF or LF milk for children <2 yo; imitation/substitute milks including unfortified rice/soy.) 425.1</p> <p>Routinely feeding a child sugar-containing fluids. 425.2</p> <p>Routinely using nursing bottle, cups, or pacifiers improperly. 425.3</p>	<p>What beverages does ___ drink throughout the day? What is the primary milk source? When are beverages available before, during or after meals? Between meals? How often does the child have access to beverages?</p> <p>What does the child routinely drink? Does this include routine intake of sweetened beverages? Is flavoring added to the primary milk source?</p> <p>Does ___ drink by cup, sippy cup, or bottle after 14 months? What about pacifier use? If using a pacifier is it dipped in any sweetener?</p>	<p>Whole milk age 12-24; LF or NF milk 2 years.</p> <p>Review appropriate substitution for milk.</p> <p>1-2 yo=breastmilk/or up to 16 oz per day</p> <p>2-3 yo=2 cups milk/day,</p> <p>4-5 yo = 2.5 cups milk/day</p> <p>May be a source of extra calories. May displace milk.</p> <p>D/C bottle use after 14months. Sippy cup use w/ meals and snacks; if ad lib sippy cup use w/ water only. Move to regular cup use.</p>
<p>Consider feeding practices that may disregard the developmental stage of the child.</p> <p>Routinely using feeding practices that disregard the developmental needs or stages of the child. 425.4</p>	<p>Does ___ feed him/herself? How do you know when ___ is hungry? How do you know when ___ is full?</p> <p>As appropriate, screen for potential choke foods such as raisins, peanut butter, popcorn, grapes, hard candy, nuts, hot dogs etc.</p> <p>If mom reports that these foods are provided, ask for more information how they are served, i.e. are they cut up or modified so that they are not a choking hazard to the child?</p>	<p>Review hunger and satiety cues, review age appropriate self-feeding, advancing food consistency for a child who is capable of eating mashed or chopped foods. Provide appropriate consistency /shape of foods that do not put the child at risk of choking.</p>

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<p>Routine ingestion of nonfood Items (pica). 425.9</p>	<p>Screen for PICA- routine ingestion of nonfood items—i.e. ashes, carpet fibers, dust, foam, rubber, soil, starch, paint chips etc....</p> <p>Does ___ eat any non-food items?</p>	<p>Referral to child’s HCP.</p>
<p>Consider food safety Feeding foods that could be contaminated with harmful microorganisms. 425.5</p>	<p>As appropriate, screen for routinely providing unpasteurized juice, dairy products or soft cheeses, raw or undercooked meat/fish/poultry or eggs, raw vegetable sprouts and/or deli meats, hot dogs and processed meat (unless heated to steaming hot).</p> <p>If mom reports that these foods are provided, ask for more information i.e. what types of juice/dairy/soft cheeses are purchased? How are meats/fish/poultry and eggs prepared? Any raw veggie sprouts? How are deli meats and hot dogs prepared before serving? Are they heat to steaming hot so that they are not health hazard to the child?</p> <p>Also see “Optional Questions to Elicit Dietary Code Risks for Inappropriate Nutrition Practices”</p>	<p>As appropriate-purchase only pasteurized juice and dairy products.</p> <p>Cook foods thoroughly.</p> <p>If, deli meats or hot dogs, heat to steaming hot— Also, see INPC 411.4.</p> <p>Food Safety guidelines at www.Foodsafety.gov</p>
<p>Consider supplementation Feeding dietary supplements with potentially harmful consequences. 425.7 Routinely not providing dietary supplements recognized as essential by national public health policy when a child’s diet alone cannot meet nutrient requirements. Fl-/Vit D 425.8</p>	<p>Screen for routinely providing supplements which when fed in excess of recommendations may be toxic or harmful. This includes single or multivitamins, mineral supplements, and/or herbal/botanical supplements/remedies/teas.</p> <hr/> <p>Screen for appropriate supplementation.</p> <p>What vitamins, minerals or supplements do you give your baby? [Record on the Child’s StarLINC Health Interview Screen]</p> <p>___ MVI (Amount___ Frequency___)</p> <p>___ Iron (Amount___ Frequency___)</p> <p>___ Minerals (Amount___ Frequency___)</p> <p>___ Herbs (Amount___ Frequency___)</p> <p>___ Other (Amount___ Frequency___)</p>	<p>Referral to child’s HCP. Discuss reason/belief i.e. root cause for supplementation.</p> <hr/> <p>Child 36 month old needs .25mg FL-/day if H2O has < 0.3ppm FL-/ Child 36-60 needs .50 mg FL-/day if H2O has < 0.3ppm FL-;</p> <p>All children need 400 IU of Vitamin D/day or to drink 32.0 oz Vitamin D fortified milk /day.</p>