**DIET HISTORY**

We would like to know about your child’s intake of foods.

Remember that we need to know *what your child actually eats* rather than what you think they *should* be eating.

Please answer the following questions as best you can, either circle a choice, or write in your answer:

1. How much milk does your child drink each day?
   - None
   - <1 cup
   - 1-2 cups
   - 3-4 cups
   - >4 cups

2. What kind of milk do you keep in the home?
   - None
   - Chocolate
   - whole
   - 2%
   - 1%
   - skim
   - skim plus

3. Does your child eat any other calcium containing foods like yogurt, ice cream, cheese, or calcium fortified orange juice each day?
   - 1x/day
   - 2x/day
   - 3x/day
   - every other day

4. How often does your child have fast food (McDonalds, Wendys, etc)?
   - 1x/week
   - more than 2x/week
   - 1x/month
   - never

5. How much regular soda (Coke, Ginger Ale, etc) does your child drink?
   - None
   - 1 can/day
   - more than 1 can/day

6. How much juice (CapriSun, Orange, Apple, Sunny Delight, etc) does your child drink?
   - None
   - 1 glass/day
   - 2-3 glasses/day
   - more than 3 glasses/day

7. Does your child eat breakfast at home?
   - Never
   - only on weekends
   - everyday
   - 1x/week
   - 2-3x/week
   - 3-4x/week
   - >4x/week

8. Does your child eat fruit?
   - Never
   - rarely
   - 1x/day
   - 2x/day
   - 3-4x/day
   - >4x/day

9. What fruit does your child eat?
   - Bananas
   - apples
   - oranges
   - strawberries
   - melon
   - grapes
   - pineapple
   - mango
   - kiwi

10. How often does your child eat green vegetables (broccoli, celery, cucumbers, salad)?
    - Never
    - 1x/day
    - >2x/day
    - 1x/week
    - 2-3x/week
    - 3-4x/week

11. How many days each week does your child buy school lunch?
    - None
    - 1x/week
    - 2-3x/week
    - 3-4x/week
    - 5x/week