

We want to know how your child is doing! Please take a moment to answer these questions.

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date: \_\_\_\_\_



1. How many servings of fruits and vegetables does your child have a day? Table on back  
*One serving is most easily identified by the size of the palm of your hand*

2. How many times a week does your child eat dinner at the table with the family? As often as possible

3. How many times a week does your child eat breakfast? Every morning



4. How many times a week does your child eat takeout or fast food? One time per week at most

5. How much screen time does your child have each day? *Don't include school work.* 2 hours max



6. Does your child have a TV or keep a tablet or smartphone in their bedroom? No

7. How many hours does your child sleep each night? Table on back

8. How much time each day does your child spend being active? At least 60 minutes (1 hr) or more every day



9. How many 8-ounce servings of these does your child drink a day?

Max 6 oz 100% juice    \_\_\_\_\_ Water    0 Fruit or sports drinks    \_\_\_\_\_ Whole milk  
0 Soda or punch    \_\_\_\_\_ Nonfat (skim), low-fat (1%), or reduced-fat (2%) milk

# General Intake Guidelines (Normal Weight): 1 to 9 years

	12-23 MONTHS	2-3 YEARS	3-4 YEARS	5-9 YEARS
<b>Milk and Milk Products</b>	2 cups/day (whole milk or milk products)	2-2 ½ cups/day	2 ½-3 cups/day	2 ½-3 cups/day
Serving: 1 cup of milk or cheese. 1 ½ oz of natural cheese. ½ cup shredded cheese.				
<b>Meat and Other Protein Foods</b>	1 ½ oz/day	2 oz/day	2-3 oz/day	4-5 oz/day
Serving: (1 oz equivalent) = 1 oz beef, poultry, fish, ¼ cup cooked beans, 1 egg, 1 Tbsp peanut butter*, ½ oz of nuts* *peanut butter and nuts may be choking hazard under the age of three				
<b>Breads, Cereal, and Starches</b>	2 oz/day	2 oz/day	2-3 oz/day	5-6 oz/day
1 oz = 1 slice whole grain bread, ½ cup cooked cereal, rice, pasta or 1 cup dry cereal				
<b>Fruits</b>	1 cup/day	1 cup/day	1-1 ½ cups/day	1 ½ cups/day
Serving: 1 cup of fruit or ½ cup dried fruit: No juice				
<b>Vegetables (non-starchy vegetables to include sources of vitamin C and A)</b>	¾ cup/day	1 cups/day	1-1 ½ cups/day	1 ½-2 cups/day
Serving: (1 cup equivalent) = 1 cup of raw or cooked vegetables: 2 cups of raw leafy greens				
<b>Fats and Oil</b>	Do not limit* <small>*Low-fat products are not recommended under the age of 2</small>	3 teaspoons	3-4 teaspoons/day	4-5 teaspoons/day
<b>Miscellaneous (desserts, sweets, soft drinks, candy, jams, jelly)</b>	None	None	None	None

# Recommended Amount of Sleep for Pediatric Populations\*

Age	Recommended Sleep Hours per 24 Hour Period
<b>Infants:</b> 4 to 12 months	12 to 16 hours (including naps)
<b>Toddlers:</b> 1 to 2 years	11 to 14 hours (including naps)
<b>Preschoolers:</b> 3 to 5 years	10 to 13 hours (including naps)
<b>Gradeschoolers:</b> 6 to 12 years	9 to 12 hours
<b>Teens:</b> 13 to 18 years	8 to 10 hours

\*The American Academy of Pediatrics (AAP) had issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LI, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nicholas C, Quan SF, Rosen CL, Troester, MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16 PubMed PMID: 27250809.