

Which of the following food groups did you give to your child in the past month and how often did you give it?	Avoid	Never	Given and then stopped	Rarely: Less than once a month	At least once a month	At least once a week	Once a day	More than once a day
Any type of fruit - include fresh, frozen, or canned and in baby foods: berries, cherries, citrus foods, apples, pears, bananas, peaches, apricots, nectarines or plums, grapes, pineapple; dried fruit: Apricot, raisins, cantaloupe or mango; honeydew, watermelon, honeydew								
Any type of vegetable - Include raw and cooked, in salads, mixed dishes/soup and in baby foods: green, orange, red, yellow vegetables, salads. Starchy vegetables e.g. potatoes, yams, sweet potatoes								
Beans, lentils, nuts, seeds, soy products								
Whole grain rice/noodles, quinoa, sorghum, millet, kasha (buckwheat groats, corn, oatmeal, rye or barley								
Beef, lamb, pork (ham, bacon, sausage), Organ meats, or other meat, chicken, turkey, other poultry (unless vegetarian)								
Wholegrain wheat containing grains including whole wheat, bulgar wheat, durum wheat, einkorn, emmer, farina, farro, freekeh, kamut, semolina, spelt, triticale, seitan & flours made from these grains								
Milk or milk alternative including cheese and plain/unflavored yogurt								
White fish other seafoods								
Fatty fish								
Eggs								

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Good sources of fats: plant oils								
Ultraprocessed foods: Examples include sweetened and flavored yogurts; breakfast cereals and bars; cola, energy, and sports drinks; pastries, cakes, cookies, and cake mixes; instant soups; ice cream and frozen desserts; packaged breads, hamburger, and hot dog buns; and pre-prepared pizzas, pasta, hamburgers, sausages, chicken nuggets, and fish sticks.								
Sugar sweetened beverages, Soft drinks, Fruit flavored drinks								