

excessive nutrient intake.

## Dietary History

What are the family's usual mealtimes?

Do family members eat together or at separate times?

Who does the family grocery shopping and meal preparation?

How much money is spent to buy food each week?

How are most foods prepared—baked, broiled, fried, other?

How often does the family or your child eat out?

- What kinds of restaurants do you go to?
- What kinds of food does your child typically eat at restaurants?

Does your child eat breakfast regularly?

Where does your child eat lunch?

What are your child's favorite foods, beverages, and snacks?

- What are the average amounts eaten per day?
- What foods are artificially sweetened?
- What are your child's snacking habits?
- When are sweet foods usually eaten?
- What are your child's tooth brushing habits?

What special cultural practices are followed? What ethnic foods are