

Are you giving the infant cow's milk (whole, low fat, skim)?

- When did you start?
- How many ounces does the infant drink a day?

Do you give your infant extra fluids (water, juice)?

If the infant takes a bottle to bed at nap or nighttime, what is in the bottle?

At what age did the child start on cereal, vegetables, meat or other protein sources, fruit or juice, finger food, and table food?

Do you make your own baby food or use commercial foods, such as infant cereal?

Does the infant take a vitamin or mineral supplement? If so, what type?

Has the infant had an allergic reaction to any food(s)? If so, list the foods and describe the reaction.

Does the infant spit up frequently; have unusually loose stools; or have hard, dry stools? If so, how often?

How often do you feed your infant?

How would you describe your infant's appetite?

Modified from Murphy SP, Poos MI: Dietary reference intakes: summary of applications in dietary assessment, *Pub Health Nutr* 5(Suppl 6A):843–849, 2002.

Clinical Examination of Nutrition

A significant amount of information regarding nutritional deficiencies comes from a clinical examination, especially from assessing the skin, hair, teeth, gums, lips, tongue, and eyes. Hair, skin, and mouth are vulnerable because of the rapid turnover of epithelial and mucosal tissue. [Table 4-1](#) summarizes some clinical signs of possible nutritional deficiency or excess. Few are diagnostic