

Nutrition Screening Tool for Every Toddler



NutriSTEP[®]

Nutrition Screening for
Toddlers and Preschoolers
Évaluation de l'alimentation
des tout petits et des
enfants d'âge préscolaire

Building healthy habits and patterns at a young age sets children on the path to healthy living for life. Healthy eating is important for your child's growth and development and helps with readiness for school. The NutriSTEP[®] screening tool can help identify what is going well and what to work on to improve your child's eating and activity habits. It only takes about 5 minutes to complete!

Instructions

Below are questions about your toddler's (18 to 35 months old) eating and other habits.

- Think about your child's every day habits when answering. Check (✓) only one answer for each question.
- There is a number from 0 to 4 beside each answer. This number is a score for that question. At the bottom of each page is a box for the score for the page. For each page, add up the scores for each question.
- At the end of the questionnaire, you will add the page scores to get a total score.

1. My child usually eats grain products:

Examples are bread, bagels, buns, roti, tortillas, crackers, hot or cold cereals, pasta, and rice.

- 0 More than 5 times a day
- 1 4 to 5 times a day
- 2 2 to 3 times a day
- 4 Less than 2 times a day

2. My child usually has milk products:

Examples are breastmilk, formula, white or chocolate milk, cheese, yogurt, milk pudding and milk substitutes, such as fortified soy beverages.

- 0 More than 3 times a day
- 1 3 times a day
- 2 2 times a day
- 4 Once a day or less

3. My child usually eats vegetables and fruit:

These can be fresh, frozen or canned.

- 0 More than 4 times a day
- 1 3 to 4 times a day
- 2 2 times a day
- 3 Once a day
- 4 Not at all

Total Score for Page 1

4. My child usually eats meat, fish, poultry or alternatives:

Alternatives can be eggs, peanut butter, tofu, nuts, and cooked beans, chickpeas and lentils.

- 0 More than 2 times a day
- 1 2 times a day
- 2 Once a day
- 3 A few times a week
- 4 Not at all

5. My child usually eats restaurant or take-out “fast foods”:

Examples are pizza, hamburgers, hot dogs, chicken fingers, fish sticks and French fries.

- 4 3 or more days a week
- 2 2 days a week
- 1 1 day a week or less
- 0 Not at all

6. My child usually drinks juice or flavoured beverages:

Flavoured beverages can be fruit drinks, pop, Kool-Aid® or sports drinks.

- 4 More than 4 times a day
- 3 3 to 4 times a day
- 2 2 times a day
- 1 Once a day
- 0 Not at all

7. I have difficulty buying food I want to feed my child because food is expensive:

- 4 Most of the time
- 2 Sometimes
- 1 Rarely
- 0 Never

8. My child has problems chewing, swallowing, gagging or choking when eating:

- 4 Most of the time
- 2 Sometimes
- 1 Rarely
- 0 Never

9. My child feeds his/her self at meals and snacks:

- 0 Always
- 1 Most of the time
- 2 Sometimes
- 3 Rarely
- 4 Never

Total Score for Page 2

10. My child drinks from a baby bottle with a nipple:

- 4 Always
- 3 Most of the time
- 2 Sometimes
- 1 Rarely
- 0 Never

11. My child is hungry at mealtimes:

- 0 Always
- 1 Most of the time
- 2 Sometimes
- 3 Rarely
- 4 Never

12. My child usually eats meals and snacks:

- 4 Less than 2 times a day
- 3 2 times a day
- 1 3 to 4 times a day
- 0 5 to 6 times a day
- 2 More than 6 times a day

13. I let my child decide how much to eat:

- 0 Always
- 1 Most of the time
- 2 Sometimes
- 3 Rarely
- 4 Never

14. My child eats meals or snacks while watching TV, or being read to, or playing with toys:

- 4 Always
- 3 Most of the time
- 2 Sometimes
- 1 Rarely
- 0 Never

15. My child usually watches TV, or uses the computer, or plays video games:

- 4 4 or more hours a day
- 3 3 hours a day
- 2 2 hours a day
- 1 1 hour a day
- 0 Less than 1 hour a day

Total Score for Page 3

16. I am comfortable with how my child is growing:

- 0 Yes
- 4 No
- 2 Not sure

17. I think my child:

- 4 Should weigh more
- 0 Is about the right weight
- 3 Should weigh less
- 2 Not sure

Total Score for Page 4

To get a total score, add the scores for each page.

_____ Score for Page 1
+ _____ Score for Page 2
+ _____ Score for Page 3
+ _____ Score for Page 4
= **Total Score**

What Does Your Score Mean?

If the total score is 20 or less:

Your child's eating and activity habits are good. There may be things you would like to work on. Please review the educational material provided for more tips and information. If you have any concerns in the future, please see your health care provider.

If the total score is 21 to 25:

Your child's eating and activity habits can be improved by making some small changes. Please review the educational material provided and programs/services offered by community agencies for more support. Your child might also benefit from a visit to their health care provider for further assessment. You can also call the Timiskaming Health Unit, or speak to a registered dietitian for free at EatRight Ontario (1-877-510-5102).

If the total score is 26 and greater:

Your child's eating and activity habits can be improved by making some changes. You are encouraged to talk to a health provider such as a registered dietitian, nurse practitioner, or your family doctor. You can also call the Timiskaming Health Unit, or speak to a registered dietitian for free at EatRight Ontario (1-877-510-5102).

Don't have a healthcare provider? Consider registering with Health Care Connect at 1-800-445-1822 or online at www.ontario.ca/healthcareconnect - Have your OHIP number ready