

**WIC Staff Guidance Document for
Young Infant (0 – 6 months) Diet Questionnaire
Revised 10/2010**

Diet Questionnaires are used to assess the dietary/feeding practices of WIC applicants to enable WIC staff to assign applicable risk factors and determine appropriate referrals, counseling and food package tailoring needs. This document provides a review of the risk factors that can be assessed by each question on the Young Infant (0-6 months) Diet Questionnaire. Refer to the Nutritional Risk Factor manual for the complete definition for each risk factor.

<i>Question</i>	<i>Staff Action</i>
1) Please check all of the following you have that work.	<p>Assess the availability of a heat source for sterilizing bottles. Assign “<i>Inappropriate Handling of Formula/Breastmilk</i>” as appropriate.</p> <p>Assess the availability of a refrigerator or freezer for storage of expressed breastmilk or formula. Assign “<i>Inappropriate Handling of Formula/Breastmilk</i>” as appropriate.</p>
2) What does your baby usually drink?	<p>Assess if baby drinks cow’s milk, goat’s milk, sweetened condensed milk, evaporated milk or soy milk. Assign “<i>Feeding a Substitute for Breastmilk or Iron Fortified Formula</i>” as appropriate.</p> <p>Assess if baby drinks juice or any other fluids that contain sugar from the bottle (question #3). Assign “<i>Inappropriate Use of Bottles or Cups</i>” as appropriate.</p> <p>Assess if the baby drinks any beverages that contain sugar. Assign “<i>Inappropriate Introduction of Complementary Foods</i>” as appropriate.</p> <p>Assess if the baby drinks unpasteurized dairy products or juice. Assign “<i>Feeding Foods that Could be Contaminated</i>” as appropriate.</p> <p>Assess if the baby drinks herbal teas. Assign “<i>Intake of Dietary Supplements with Potentially Harmful Consequences</i>” as appropriate.</p>
3) From what does your baby drink?	<p>Assess if baby drinks juice or any other fluids that contain sugar (question #2) from the bottle. Assign “<i>Inappropriate Use of Bottles or Cups</i>” as appropriate.</p>

<i>Question</i>	<i>Staff Action</i>
4) How is breastfeeding going?	<p>Assess for issues relating to latching onto mother’s breast. Assign “<i>Potential Breastfeeding Complications</i>” as appropriate.</p> <p>Refer to the “Staff Breastfeeding Evaluation Tool” and the “Mother – Baby First Weeks Log” for more information.</p>
a) How often does your baby nurse in a 24-hour period?	Assess the timing and frequency of feedings. Assign “ <i>Feeding Practices that Disregard Developmental Needs,</i> ” “ <i>Inappropriate Frequency of Nursing the Exclusively Breastfed</i> ” and/or “ <i>Diet Very Low in Calories and/or Essential Nutrients</i> ” as appropriate.
b) Can you hear your baby swallowing during feedings?	Assess for weak or ineffective suck. Assign “ <i>Potential Breastfeeding Complications</i> ” as appropriate.
5) How many wet diapers does your baby have in a 24-hour period?	Assess number of wet diapers. Assign “ <i>Potential Breastfeeding Complications</i> ” as appropriate.
6) How many dirty diapers does your baby have in a 24-hour period?	Assess number of dirty diapers. Assign “ <i>Potential Breastfeeding Complications</i> ” as appropriate.
7) Do you pump or express breastmilk for your baby?	Use to assess practice and need for a WIC issued breast pump.
a) How do you store breastmilk?	Assess and assign “ <i>Inappropriate Handling of Formula/Breastmilk</i> ” as appropriate.
b) How long do you keep breastmilk in the refrigerator before you throw it away?	Assess and assign “ <i>Inappropriate Handling of Formula/Breastmilk</i> ” as appropriate.
c) How long do you keep breastmilk after it’s been thawed?	Assess and assign “ <i>Inappropriate Handling of Formula/Breastmilk</i> ” as appropriate.
8) Please check all items that might be in your baby’s bottle during a normal day.	<p>Assess if baby drinks cow’s milk, goat’s milk, sweetened condensed milk, evaporated milk or soy milk. Assign “<i>Feeding a Substitute for Breastmilk or Iron Fortified Formula</i>” as appropriate.</p> <p>Assess if baby drinks juice or any other fluids that contain sugar from the bottle. Assign “<i>Inappropriate Use of Bottles or Cups</i>” as appropriate.</p> <p>Assess if the baby drinks any beverages that contain sugar. Assign “<i>Inappropriate Introduction of Complementary Foods</i>” as appropriate.</p> <p>Assess if the baby is given honey in any form. Assign “<i>Feeding Foods that Could be Contaminated</i>” as appropriate.</p>

<i>Question</i>	<i>Staff Action</i>
a) What do you do with any milk or formula left in the bottle?	Assess and assign “ <i>Inappropriate Handling of Formula/Breastmilk</i> ” as appropriate.
b) How long do you let a bottle sit at room temperature?	Assess and assign “ <i>Inappropriate Handling of Formula/Breastmilk</i> ” as appropriate.
c) Is your baby’s bottle ever propped on a pillow, blanket, stuffed animal, etc.?	Assess if the bottle is ever propped during feeding. Assign “ <i>Inappropriate Use of Bottles or Cups</i> ” as appropriate. Assess if the baby ever falls asleep or is put to bed with a bottle. Assign “ <i>Inappropriate Use of Bottles or Cups</i> ” as appropriate.
9) What formula does your baby take?	Assess if the baby is taking low iron formula without iron supplementation (question 16). Assign “ <i>Feeding a Substitute for Breastmilk or Iron Fortified Formula</i> ” as appropriate.
a) What type of formula do you use?	Assess if the formula is prepared as directed for the brand (question #9) and type. Assign “ <i>Improperly Diluted Formula</i> ” as appropriate.
b) How do you make the formula?	
<ul style="list-style-type: none"> • What kind of water do you usually use to make the formula? 	Assess the safety of the water supply. Assign “ <i>Inappropriate Handling of Formula/Breastmilk</i> ” and tailor food package as appropriate.
<ul style="list-style-type: none"> • Do you ever add anything besides water to the formula? 	Assess if any food (cereal or other solid foods) is added to the formula. Assign “ <i>Inappropriate Use of Bottles or Cups</i> ” as appropriate. Assess if any sweeteners, such as sugar, honey or syrup are added to the formula. Assign “ <i>Inappropriate Introduction of Complementary Foods</i> ” as appropriate. Assess if honey is added to the formula. Assign “ <i>Feeding Foods that Could be Contaminated</i> ” as appropriate. Assess and assign “ <i>Improperly Diluted Formula</i> ” as appropriate.
c) Do you warm the formula?	Assess for the unsafe practice of warming formula in the microwave.
d) How often does your baby take formula during a normal day?	Assess the timing and frequency of feedings. Assign “ <i>Feeding Practices that Disregard Developmental Needs</i> ” and/or “ <i>Diet Very Low in Calories and/or Essential Nutrients</i> ” as appropriate.
e) How much formula does your baby take at each feeding?	Assess the amount of vitamin-D fortified formula consumed on a normal day (with question #9d) and if the baby is taking supplemental vitamin-D (question 16). Assign “ <i>Inadequate Vitamin/Mineral Supplementation</i> ” as appropriate.
f) How do you store formula after you mix it?	Assess and assign “ <i>Inappropriate Handling of Formula/Breastmilk</i> ” as appropriate.

Question	Staff Action
g) How long do you keep mixed formula in the refrigerator before you throw it away?	Assess and assign <i>“Inappropriate Handling of Formula/Breastmilk”</i> as appropriate.
h) How long does a can of formula last?	Assess if a can of formula lasts as long as expected for the brand and type (questions #9 and #9a) used and the stated frequency and amount of feeding (questions #9d and #9e). Assign <i>“Improperly Diluted Formula”</i> as appropriate.
10) How many times does your baby drink water during a normal day?	Assess if water is displacing breastmilk or formula in the baby’s diet. Assign <i>“Diet Very Low in Calories and/or Essential Nutrients”</i> as appropriate.
a) How much water does your child drink each time?	
b) What kind of water does your child usually drink?	
c) Do you ever add anything to the water?	Assess safety of the water supply. Assess if any sweeteners, such as sugar, honey or syrup are added to the water. Assign <i>“Inappropriate Introduction of Complementary Foods”</i> and <i>“Inappropriate Use of Bottles or Cups”</i> as appropriate. Assess if honey is added to the water. Assign <i>“Feeding Foods that Could be Contaminated”</i> as appropriate.
11) How many times does your baby drink juice during a normal day?	Assess if the baby is less than 4 months old and drinking juice. Assign <i>“Inappropriate Introduction of Complementary Foods”</i> as appropriate. Assess if child routinely drinks juice from the bottle. Assign <i>“Inappropriate Use of Bottles or Cups”</i> as appropriate.
a) How much juice does your baby drink each time?	Assess if juice is displacing breastmilk or formula in the baby’s diet. Assign <i>“Diet Very Low in Calories and/or Essential Nutrients”</i> as appropriate.
b) What kind of juice or juice drinks does your child usually drink?	Assess if the baby drinks sweetened juice. Assign <i>“Inappropriate Introduction of Complementary Foods”</i> as appropriate. Assess if the baby drinks unpasteurized fruit or vegetable juice. Assign <i>“Feeding Foods that Could be Contaminated”</i> as appropriate.
c) Do you dilute the juice with water?	
12) When did your baby start eating something other than breastmilk or formula?	Assess if the baby is less than 4 months old and has started eating any food. Assign <i>“Inappropriate Introduction of Complementary Foods”</i> as appropriate.

<i>Question</i>	<i>Staff Action</i>
a) What types of food does your baby eat?	<p>Assess if the foods provided are an appropriate texture for the baby’s developmental stage and no foods that put the baby at risk of choking are provided. Assign “<i>Feeding Practices that Disregard Developmental Needs</i>” as appropriate.</p> <p>Assess if the baby is fed any foods that could be contaminated. Assign “<i>Feeding Foods that Could be Contaminated</i>” as appropriate.</p> <p>Assess if the child is routinely fed sweetened foods. Assign “<i>Inappropriate Introduction of Complementary Foods</i>” as appropriate.</p>
b) How is your baby fed these foods?	<p>Assess if any food (cereal or other solid foods) is in the baby bottle. Assign “<i>Inappropriate Use of Bottles or Cups</i>” as appropriate.</p> <p>Assess if the primary feeding method is appropriate for the baby’s developmental stage. Assign “<i>Feeding Practices that Disregard Developmental Needs</i>” as appropriate.</p>
13) Please mark the situations that describe how your baby normally eats?	Assess appropriateness of eating situations.
14) Which sweets does your baby usually eat?	Assess if the baby eats any sweets. Assign “ <i>Inappropriate Introduction of Complementary Foods</i> ” as appropriate.
How are they usually eaten?	Assess if the baby is given honey in any form. Assign “ <i>Feeding Foods that Could be Contaminated</i> ” as appropriate.
15) Does your baby have any health/medical/dental problems?	<p>Assess for jaundice. Assign “<i>Potential Breastfeeding Complications</i>” as appropriate.</p> <p>Assess for dental problems. Assign “<i>Dental Problems</i>” as appropriate.</p> <p>Assess for disabilities that interfere with the ability to eat. Assign “<i>Disabilities Interfering with the Ability to Eat</i>” as appropriate.</p> <p>Assess for medical conditions. Assign the corresponding risk factor as appropriate.</p>
Was this problem diagnosed by a doctor?	Used to confirm diagnosis of conditions for risk factor documentation.
16) Please check and describe all of the following your baby usually takes.	

<i>Question</i>	<i>Staff Action</i>
Over-the-counter drugs	Assess medications that interfere with nutrient intake or utilization. Assign “ <i>Drug Nutrient Interactions</i> ” as appropriate.
Prescription medication	Assess medications that interfere with nutrient intake or utilization. Assign “ <i>Drug Nutrient Interactions</i> ” as appropriate. Assess for medical conditions. Assign the corresponding risk factor as appropriate.
Vitamin and/or minerals	Assess if the baby is taking low iron formula (question 9) without iron supplementation. Assign “ <i>Feeding a Substitute for Breastmilk or Iron Fortified Formula</i> ” as appropriate. Assess and assign “ <i>Intake of Dietary Supplements with Potentially Harmful Consequences</i> ” as appropriate. Assess the fluoride content of the water and if a baby 6 months old or older is taking a fluoride supplement. Assign “ <i>Intake of Dietary Supplements with Potentially Harmful Consequences</i> ” or “ <i>Inadequate Vitamin/Mineral Supplementation</i> ” as appropriate. Assess the amount of vitamin-D fortified formula consumed on a normal day (questions #9d and 9e) and if the baby is taking supplemental vitamin-D. Assign “ <i>Inadequate Vitamin/Mineral Supplementation</i> ” as appropriate.
Herbs/Herbal Supplements	Assess and assign “ <i>Intake of Dietary Supplements with Potentially Harmful Consequences</i> ” as appropriate.
17) Do you worry about how much your baby is eating?	Provides an opportunity to identify specific parental concerns about their infant's eating pattern. Behavior change is more likely to occur when information addresses specific needs and concerns.
18) What is one thing you like about your baby’s eating?	Provides an opportunity to learn what parents like about their infant's eating pattern. This open-ended question may identify positive feeding practices to reinforce. It may also provide information that explains other identified risks or inappropriate practices.
19) What is one thing that you would like to change about your baby’s eating?	Provides an opportunity to learn what parents would like to change about their infant's eating pattern. Behavior change is more likely to occur when information addresses specific needs and concerns.