**Nutrition Intake Talking Points**

1. How many meals and snacks do you eat on a normal day?
2. What do you drink throughout your day?
3. Do you consume fruits and vegetables daily?
4. Describe a typical meal.

**Initial Visit Nutrition Intake with Education Talking Points**

1. **How many meals and snacks do you eat on a normal day?**
   **Intervention Strategies:**
   - Encourage breakfast within one hour of waking up. Including a low-fat calcium source (skim or 1% milk or low-fat yogurt), a whole grain (cereal, oatmeal, etc) and a fruit is preferred.
   - Encourage 3 meals at consistent meal times. Meals should be the size of the child’s two hands, smaller than that of parents and older siblings.
   - May offer 1-2 snacks/day for young children, one for older children. Snacks should fit into one of their hands and be the type of foods they would normally get with a meal.

2. **What do you drink throughout your day?**
   **Intervention Strategies:**
   - Encourage drinking water and milk (skim or 1% milk if >2yrs) as primary beverages. Fruit juice should be limited to 6oz/day. Sugary beverages (regular soda, sweet tea, sports drinks, and even juice) can be a major cause of obesity.
   - Encourage sugar-free beverages that are 10 calories/serving or less (water, Crystal Light, Fruit20, Fuze, Powerade Zero, Vitamin Water Zero, Life Water Zero, etc).

3. **Do you consume fruits and vegetables daily?**
   **Intervention Strategies:** (*)
   - Encourage at least 5 total servings of fruits and vegetables daily, one serving equaling the size of the child’s palm.
   - Encourage a fruit and/or vegetable at each meal and for fruits and vegetables to make up most snacks.

4. **Describe a typical meal.**
   **Intervention Strategies:**
   - Encourage fruits and vegetables to make up ½ of the meal.
   - Encourage portion sizes of each food to not exceed the size of the child’s palm.
   - Encourage meals to look like a smiley face: meat=one eye, grain=one eye, fruits and vegetables=mouth. Fruits and vegetables should take up about ¾ of the plate. Just like the mouth is the most important part of a smiley face, fruits and vegetables are the most important part of a meal and should be eaten first.

(*)ChooseMyPlate.gov is a great site for more info

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