

3. Alice Brower is a 24 year old, postpartum breastfeeding woman. She is in for her 6 month recertification visit as a breastfeeding woman. Her breastfeeding has been going well. Her infant is growing well. Below is her Food Frequency form. Complete the form and the chart below the form which indicates numbers of servings that would be entered into the ASPENS system.

Name Alice Brower

Date Today's Date

What Did You Eat Yesterday?

Instructions: For each group of foods listed below write the number of times you ate the foods yesterday. If you did not eat any foods in a group put a "0" in the column.

Type of Food	Number of Times Eaten	WIC Use Only	
MILK: whole, 2%, 1%, skim, flavored 8 ounces	3		
CHEESE, COTTAGE CHEESE, PIZZA, MACARONI & CHEESE	1	4	2 pts
MILK-BASED SOUPS, ICE CREAM, YOGURT, PUDDING			
MEAT, POULTRY, FISH: hamburger, roast beef, steak, pork chops, ham, chicken, turkey, tuna fish, stew, casserole with meat or fish, burrito	2		
LUNCHEON MEATS, HOT DOGS, SAUSAGE		3	1 pt
EGGS			
DRY BEANS, PEAS, LENTILS, PEANUT BUTTER, TOFU, NUTS	1		
CEREAL: hot or cold	1		
RICE, NOODLES, PASTA, MACARONI, MACARONI & CHEESE, SPAGHETTI	1	3	1 pt
SANDWICH, BREAD, TOAST, ROLLS, BAGELS, TORTILLAS			
PANCAKES, WAFFLES, PIZZA, CRACKERS, BISCUITS, POPCORN	1		
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili, collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash		0	1 pt
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green pepper, strawberries	1	1	1 pt
JUICE: orange, grapefruit, tomato, or other juices			
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	3	3	1 pt
OTHER DRINKS: soda pop, coffee, tea, Kool-Aid, fruit drink, sports drinks			
ALCOHOLIC BEVERAGES: beer, wine, mixed drinks			
Potato chips, corn chips, pretzels	1	1	
Candy, cake, cookies, donuts, pop tarts	1	1	
List any other foods eaten which were not listed above:			
1 Burrito with green sauce (bean) if bean: 1/2 Pro, 1 Bread, 1/2 F/V, 1/2 Vit C (if meat: 1 Pro, 1 Bread, 1/2 F/V, 1/2 Vit C)			2 pts

Food Frequency – Adult
WIC #447 (Rev. 12/98)

WIC Staff & Date _____ Signature & Date _____ 2 pts

CA 4

PRO 3

B/C 4

T F/V 4

A 0

C 1

} 2 pts each (if chose meat burrito, PRO = 4)

Total 25 pts.

4. Jessica Torres is a healthy 4 year old child being recertified today. Below is a copy of her Food Frequency form. Complete the form and the chart below the form which indicates numbers of servings that would be entered into the ASPENS system.

Name Jessica Torres

Date Today's Date

What Did Your Child Eat Yesterday?

Instructions: For each group of foods listed below write the number of times your child ate the foods yesterday. If your child did not eat any foods in a group put a "0" in the column.

Type of Food	Number of Times Eaten	WIC Use Only	
MILK: whole, 2%, 1%, skim, flavored 1 cup	2	5	2 pts
CHEESE, COTTAGE CHEESE, PIZZA, MACARONI & CHEESE	1		
MILK-BASED SOUPS, ICE CREAM, YOGURT, PUDDING			
MEAT, POULTRY, FISH: hamburger, roast beef, steak, pork chops, ham, chicken, turkey, tuna fish, stew, casserole with meat or fish, burrito	1	3	1 pt
LUNCHEON MEATS, HOT DOGS, SAUSAGE	1		
EGGS	1		
DRY BEANS, PEAS, LENTILS, PEANUT BUTTER, TOFU, NUTS			
CEREAL: hot or cold	1	4	1 pt
RICE, NOODLES, PASTA, MACARONI, MACARONI & CHEESE, SPAGHETTI			
SANDWICH, BREAD, TOAST, ROLLS, BAGELS, TORTILLAS	2		
PANCAKES, WAFFLES, PIZZA, CRACKERS, BISCUITS, POPCORN	1		
VITAMIN A FRUITS AND VEGETABLES: apricots, broccoli, cantaloupe, carrots, red chili, collards or kale (greens), mango, pumpkin, spinach, sweet potato, winter squash	1	1	1 pt
VITAMIN C FRUITS AND VEGETABLES: broccoli, Brussels sprouts, cantaloupe, green chile, grapefruit, orange, green pepper, strawberries		1	1 pt
JUICE: orange, grapefruit, tomato, or other juices	1		
OTHER FRUITS AND VEGETABLES: including potatoes, tomatoes, corn, salads, bananas, apples, and any other fruits or vegetables not listed above	2	2	1 pt
OTHER DRINKS: soda pop, coffee, tea, Kool-Aid, fruit drink, sports drinks	1	1	
Potato chips, corn chips, pretzels	1	1	
Candy, cake, cookies, donuts, pop tarts	1	1	
List any other foods eaten which were not listed above:			

Food Frequency – Child
WIC #449 (Rev. 12/98)

WIC Staff & Date _____ Signature & Date _____ 2 pts

CA 5 PRO 3 B/C 4

T F/V 4 A 1 C 1

2 pts. each

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Total 21 pts.