Many offices have successfully used the Healthy Habits Questionnaire to gather basic healthy lifestyle information from their patients. Clinicians have found that simply using and reviewing the questionnaire is a powerful tool for starting the conversation around healthy lifestyles.

**PLEASE NOTE:** The questions below are from the questionnaire for ages 10–18; however, the same discussion points apply to ages 2–9 as well.

**How many servings of fruits and/or vegetables do you have a day?**
Five or more servings of fruits and/or vegetables per day contribute to a healthy diet. The palm of the child’s hand is a good reference for a serving size of meat and most vegetables. A more accurate guide for each meal is:
- 3 ounces of protein, such as chicken, lean meat, fish, tofu, or 2 tablespoons of peanut butter
- ½ cup to 1 cup of a starch, such as pasta, potato, rice, or 2 slices of bread
- ½ cup to 1 cup of vegetables
- ½ cup or one small piece fresh fruit
- 1 cup milk or 1–2 ounces of cheese

**How many times a week do you eat dinner at the table together with your family?**
Family meals are associated with an increased intake of fruits and vegetables. Encourage families to eat meals together more often. Mealtime is a great opportunity for parents to connect with their kids.

**How many times a week do you eat breakfast?**
A daily breakfast is very important for a healthy diet. Eating breakfast every day provides the energy needed to start the day. It is fuel for the body!

continued
**How many times a week do you eat takeout or fast food?**
Eating takeout or fast food may be associated with poor nutrition. These foods have a tendency to be higher in salt, fat, and sugar so children should eat them less often. If children do eat takeout or fast food, they should look for healthy options.

**How much recreational (outside of school work) screen time do you have daily?**
AND
**Is there a television set or Internet-connected device in your bedroom?**
The American Academy of Pediatrics recommends the following: 2 hours or less of recreational screen time. They also recommend: no screens in the child’s bedroom and no TV or computer under the age of 2.

**How many hours do you sleep each night?**
Research has found that chronic sleep curtailment has been associated with high overall obesity rates at age seven. Establishing healthy sleep habits may be a critical component of an obesity prevention intervention.

**How much time a day do you spend being active (faster breathing/heart rate or sweating)?**
1 hour or more; the time spent doing physical activity can be separated out throughout the day.

**How many 8-ounce servings of the following do you drink a day?**
Consider the following:
- **100% juice:**
  - 4–6 ounces for children 1–6 years old
  - 8–12 ounces for children
  - 7–18 years old
  - Children 6 months and under should not be given juice
- **Water:** Unlimited
- **Fruit or sports drinks:** Limited—you can use this opportunity to have a conversation about when a sports drink is needed (after 60 minutes of continuous vigorous activity).
- **Soda or punch:** Limited
- **Whole milk:** Recommended for children 1 to 2 years old. After age 2, children should be drinking low fat or skim milk. Children under 1 year should drink breast milk or formula.
- **Non-fat, low-fat, or reduced fat milk:**
  - Children ages 2–3: 2 cups a day
  - Children ages 4–8: 3 cups a day
  - Pre-teens and teens: 4 cups a day