Postpartum Diet Questionnaire

Your Name: _____ Birth Date: ___/___/_____ Today's date: ___/___/_____

1. Please check all of the following you have that work. ☐Stove Top ☐Oven ☐Microwave ☐Refrigerator

2. How many times do you eat each day? Meals _____ Snacks _____

3. Are there any foods or beverages that you cannot or will not eat? ☐No ☐Yes, please list _____

4. Are there any foods of which you think you do not eat enough? ☐No ☐Yes, please list_____

5. What do you usually drink? (Please check all that apply.) ☐Milk ☐Water ☐Juice/Juice Drinks
   ☐Gatorade/Sports Drinks ☐Wine/Beer/Alcoholic Drinks ☐Coffee/Tea ☐Herbal Teas ☐Hot chocolate
   ☐Regular Pop/Kool-Aid ☐Diet Pop ☐Other:_____

6. How often do you drink milk? ☐Several times/day ☐Once/day ☐Less than once/day ☐Do not drink milk
   What type of milk do you usually drink? ☐Cow's(_____Whole (Vitamin D) _____Reduced/Low Fat (2%, 1% or ½%) _____Skim)
   ☐Lactose Free ☐Evaporated ☐Sweetened Condensed ☐Soy ☐Rice ☐Goat's
   ☐Raw (Cow's or Goat's) ☐Other:_____

7. How many times do you eat fruits and vegetables during a normal day? _____ ☐Do not eat any fruits or vegetables
   Which fruits and/or vegetables (not juice) do you usually eat? (Please check all that apply.) ☐Bananas ☐Grapes
   ☐Apples/Applesauce ☐Oranges ☐Pears ☐Carrots ☐Green Beans ☐Potatoes ☐French Fries
   ☐Corn ☐Sprouts ☐Tomato ☐Other:_____

8. Which protein foods do you usually eat? (Please check all that apply.) ☐Beef/Buffalo ☐Chicken/Turkey ☐Fish/Seafood
   ☐Pork/Lamb ☐Hot Dogs/Lunch Meat ☐Meat Spreads/Pâté ☐Dried/Canned Beans ☐Eggs ☐Tofu ☐Yogurt
   ☐Soft Cheese (Feta, Brie, Blue-Veined, and Queso Fresco) ☐Hard Cheese (American, Cheddar, Swiss…)
   ☐Other _____
   How many times do you eat protein foods during a normal day? _____

9. Do you ever eat anything that is not food, such as ashes, chalk, clay, dirt, large quantities of ice, or starch (laundry or cornstarch)? ☐No ☐Yes

10. Are you on a special diet or trying to lose weight? ☐No ☐Yes, please describe _____

11. Do you have any medical/health/dental problems? ☐No ☐Yes, please list _____
    Was this problem diagnosed by a doctor / dentist? ☐No ☐Yes

12. Please check and describe all of the following you routinely use. **(All information given to the WIC Program is confidential.)**
    ☐Over-the-counter drugs (laxatives, pain killers, etc.) _____
    ☐Prescription medication _____
    ☐Vitamin and/or minerals supplements _____
    ☐Herbs/Herbal Supplements (Echinacea, ginger, etc.) _____
    ☐Tobacco ☐Street drugs (Marijuana, cocaine, methamphetamines, etc.) ☐Other:_____

13. Have you had a blood lead test? ☐No ☐Unsure ☐Yes, where? _____

14. How much did you weigh before your pregnancy that just ended? _____

15. Please check any of the following that are true about your pregnancy that just ended.
    ☐My baby was born more than 3 weeks early
    ☐My baby was born weighing 9 pounds or more
    ☐My doctor told me I had gestational diabetes
    ☐I had a C-Section
    ☐I had no complications
    ☐My baby was born weighing less than 5 pounds 9 ounces
    ☐My baby was born with a birth defect
    ☐My doctor told me I had pregnancy induced hypertension
    ☐I had more than one baby (twins, triplets, etc.)
    ☐Other, please list _____

16. Not including this last time, how many times have you been pregnant? _____
    When did your last (not this) pregnancy end? ___/___/_____ ☐ This was my first pregnancy

17. Have you breastfed your baby at any time since the delivery ☐Yes, currently breastfeeding ☐Yes, but not now ☐No

(If you are not currently breastfeeding stop here) 

18. What do you think about breastfeeding? _____
19. Are you experiencing any of the following situations? (Check all that apply.)
    ☐Baby always seems to be hungry ☐Don't have enough milk ☐Baby refuses breast, arches back
    ☐Sore nipples ☐Sore breasts ☐Engorged or full, hard breasts ☐Other _____