

Please check one:

Initial Assessment 3rd Trimester Reassessment
 2nd Trimester Reassessment Postpartum Assessment

Client Name:

I.D. Number:

❖ PERINATAL FOOD FREQUENCY QUESTIONNAIRE (PFFQ)
(English and Spanish Version)

(Client Instructions)

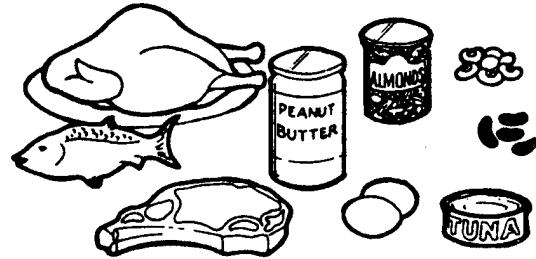
How often do you eat the food listed below?

If you eat the food every day, mark the number of times per day in the daily column.

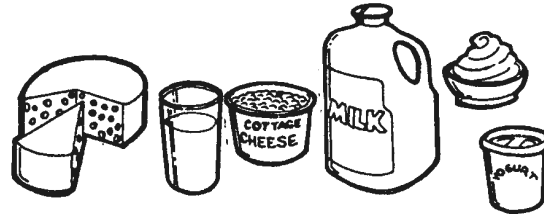
If you eat the food one or more times per week (not every day), mark the number of times per week in the weekly column.

If you eat the food less than once per week do not mark columns.

Group 1	Daily	Weekly
meat/carne		
chicken/pollo		
fish/pescado		
shell fish/marisco		
eggs/huevos		
*beans/frijoles		
peanut butter/crema de cacahuete		
Subtotals:	x7=	+
(21)		Total Points:



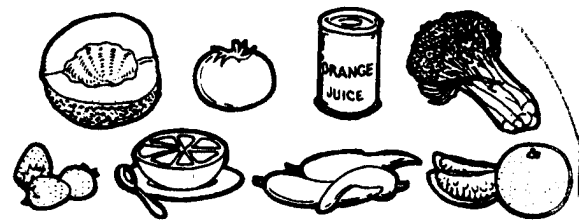
Group 2	Daily	Weekly
milk/leche		
cheese/queso		
yogurt/yogur		
Subtotals:	x7=	+
(21)		Total Points:



Group 3	Daily	Weekly
bread/pan(1 slice)		
tortilla (1)		
cooked cereal/cereal, cocida		
dry cereal/cereal, seca		
rice/arros		
pasta		
Subtotals:	x7=	+
(49)		Total Points:



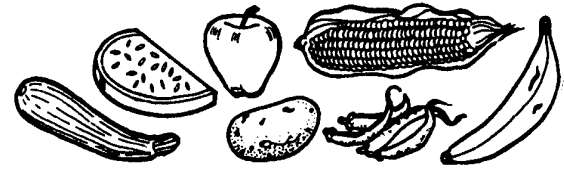
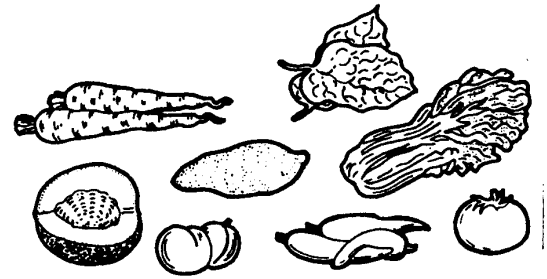
Group 4	Daily	Weekly
*orange/naranja		
*orange juice/jugo de naranja		
*tomato/tomate		
cabbage/col repollo		
*broccoli/brocoli		
*cauliflower/coliflor		
Subtotals:	x7=	+
(7)		Total Points:



* A star (*) next to a food indicates that it is high in folate. Diet may be low in folate if the total for all starred foods is less than 7.

Client Name:

I.D. Number:



DIETARY ASSESSMENT SUMMARY

Diet Inadequate In:
(food groups/nutrients)

Diet Excessive In:

Comments/Needs:

- Brochures Given
- Counseled
- Referred to Nutritionist

Name and Title of Evaluator/Date

Group 5	Daily	Weekly
*spinach/greens espinaca/hojas de verde		
sweet potato/camote		
carrots/zanahoria		
cantaloupe/melon		
mango		
Subtotals:	x7=	+
(7)		Total Points:

Group 6	Daily	Weekly
apple/manzana		
banana/platano		
pineapple juice/jugo de pina		
corn/elote		
lettuce/lechuga		
potatoes (white)/ papas (blancas)		
zucchini/calabazita		
other fruits & vegetables/otras frutas y verduras		
Subtotals:	x7=	+
(21)		Total Points:

Other Foods	Daily	Weekly
fried foods /comidas fritas		
Butter/mantequilla		
▲ margarine/ margarina		
sour cream/crema agria		
▲ mayonnaise/ mayonesa		
▲ salad dressing/ salsa para ensalada		
▲ vegetable oil/ aceite vegetal		
▲ avocado/ aguacate		
chips/papitas		
Donuts		
candy/ carmelo/chocolate		
soda		
other sugar drinks/ bebidas con azucar		
other sweets/otros dulces		

* A star (*) next to a food indicates that it is high in folate. Diet may be low in folate if the total for all starred foods is less than 7.

▲ A triangle (▲) next to food indicates that it is high in unsaturated fats. Diet may be low in unsaturated fats if the total intake is less than 3.