



**Indexes**



# DEVELOPMENTAL INDEX: INFANCY AND EARLY CHILDHOOD

This developmental index will help users find information in *Bright Futures in Practice: Nutrition* for incorporation into nutrition supervision visits for infants and children under 5 years of age.

## Interview Questions

### Infancy

Interview Questions . . . . . 30–31, 36–37, 39, 41, 48

Nutrition Questionnaire

for Infants . . . . . 241–242/pocket

### Early Childhood

Interview Questions . . . . . 65, 70–76

Nutrition Questionnaire

for Children . . . . . 243–245/pocket

## Screening and Assessment

Infancy . . . . . 31, 39, 41, 43, 45–46, 48–49

Early Childhood . . . . . 65–66, 71–76

Children and Adolescents with

Special Health Care Needs . . . . . 145–146

Diabetes Mellitus . . . . . 154–155

Food Allergies . . . . . 170–173

Human Immunodeficiency Virus . . . . . 179

Hyperlipidemia . . . . . 183–184

Hypertension . . . . . 192–193

Iron-Deficiency Anemia . . . . . 198–199

Obesity . . . . . 213–216

Oral Health . . . . . 219–220

Key Indicators of Nutrition Risk for

Children and Adolescents . . . . . 249–254

Blood Lead Levels . . . . . 255–256

CDC Growth Charts . . . . . 282/pocket



## Counseling: General

### Infancy

Counseling	31–36, 37–38, 40, 42–47, 49
Desired Outcomes	50
Frequently Asked Questions	54–56

### Early Childhood

Counseling	66–76
Desired Outcomes	77
Frequently Asked Questions	80–84

### Infancy and Early Childhood

Strategies for Promoting	
Healthy Eating Behaviors	258–261
Tips for Promoting Food Safety	262

## Counseling: Special Issues and Concerns

Breastfeeding	137–142
Children and Adolescents with	
Special Health Care Needs	147–150
Diabetes Mellitus	155–157
Food Allergy	173–175
Human Immunodeficiency Virus	180–181
Hyperlipidemia	185–187
Hypertension	193–194
Iron-Deficiency Anemia	201–202
Obesity	216–218
Oral Health	220–224
Pediatric Undernutrition	226–228
Vegetarian Eating Practices	234–237

## Resources

Nutrition Resources	264–272
Federal Food Assistance and Nutrition	
Programs	273–277
<i>Healthy People 2010</i> Nutrition Objectives	
for Children and Adolescents	278–281

# DEVELOPMENTAL INDEX: MIDDLE CHILDHOOD AND ADOLESCENCE

This developmental index will help users find information in *Bright Futures in Practice: Nutrition* for incorporation into nutrition supervision visits for children and adolescents ages 5 to 21.

## Interview Questions

### Middle Childhood

Interview Questions . . . . .	93–94
Nutrition Questionnaire for Children . . . . .	243–245/pocket

### Adolescence

Interview Questions . . . . .	115–116
Nutrition Questionnaire for Adolescents . . . . .	246–248/pocket

## Screening and Assessment

Middle Childhood . . . . .	94–97
Adolescence . . . . .	116–118
Children and Adolescents with Special Health Care Needs . . . . .	145–146
Diabetes Mellitus . . . . .	154–155
Eating Disorders . . . . .	161–165
Food Allergy . . . . .	170–173
Human Immunodeficiency Virus . . . . .	179
Hyperlipidemia . . . . .	183–184
Hypertension . . . . .	192–193
Iron-Deficiency Anemia . . . . .	198–199
Obesity . . . . .	213–216
Oral Health . . . . .	219–220
Key Indicators of Nutrition Risk for Children and Adolescents . . . . .	249–254
Blood Lead Levels . . . . .	255–256
CDC Growth Charts . . . . .	282/pocket



## Counseling: General

### Middle Childhood

Counseling	97–99
Desired Outcomes	100–101
Frequently Asked Questions	104–107

### Adolescence

Counseling	118–124
Desired Outcomes	125–126
Frequently Asked Questions	130–133

### Middle Childhood and Adolescence

Stages of Change—A Model for Nutrition	
Counseling	257
Strategies for Promoting	
Healthy Eating Behaviors	258–261
Tips for Promoting Food Safety	262
Tips for Promoting a Positive Body Image	
Among Children and Adolescents	263

## Counseling: Special Issues and Concerns

Children and Adolescents with	
Special Health Care Needs	147–150
Diabetes Mellitus	155–157
Eating Disorders	165–168
Food Allergy	173–175
Human Immunodeficiency Virus	180–181
Hyperlipidemia	185–187
Hypertension	193–194
Iron-Deficiency Anemia	201–202
Nutrition and Sports	209
Obesity	216–218
Oral Health	220–224
Vegetarian Eating Practices	234–237

## Resources

Nutrition Resources	264–272
Federal Food Assistance and Nutrition	
Programs	273–277
<i>Healthy People 2010</i> Nutrition Objectives	
for Children and Adolescents	278–281

# TOOL INDEX

In addition to Nutrition Tools A–M, many useful tools appear throughout *Bright Futures in Practice: Nutrition*. The tools are designed to help health professionals provide nutrition supervision. Several tools can serve as practical resources for families and communities. Vignettes illustrate how the nutrition guidelines can be used by health professionals in various settings. All tools are listed by chapter below.

## Healthy Eating and Physical Activity

Dietary Guidelines for Americans	4
Food Guide Pyramid	4
Food Guide Pyramid for Young Children	5
Serving Sizes for Children and Adolescents	5
Nutrition Facts Label	6
Children’s Activity Pyramid	9

## Infancy

Desired Outcomes for the Infant, and the Role of the Family	50
Vignette: Successfully Introducing Solid Foods	53

## Early Childhood

Desired Outcomes for the Child, and the Role of the Family	77
Vignette: Reducing Distractions During Mealtime	79

## Middle Childhood

Indicators of Height and Weight Status in Middle Childhood	95
--	----

Desired Outcomes for the Child, and the Role of the Family	100–101
Vignette: The Importance of Healthy Snacks	103

## Adolescence

Indicators of Height and Weight Status for Adolescents	117
Desired Outcomes for the Adolescent, and the Role of the Family	125–126
Vignette: A Dancer’s Dream	128
Vignette: Helping an Active Adolescent Manage Diabetes	129

## Breastfeeding

Vignette: Supporting an Adolescent Mother’s Decision to Breastfeed	144
--	-----

## Children and Adolescents with Special Health Care Needs

Nutrition-Screening Parameters and Criteria for Referral for Children and Adolescents with Special Health Care Needs	146
Selected Energy Calculations for Children and Adolescents with Special Health Care Needs, by Diagnosis	148

## Eating Disorders

Diagnostic Criteria for Anorexia Nervosa, Bulimia Nervosa, and Eating Disorder Not Otherwise Specified	160–161
Anorexia Nervosa: Screening Elements and Warning Signs	162
Bulimia Nervosa: Screening Elements and Warning Signs	163

## Food Allergy

Vignette: Managing a Child's Severe Food Allergy . . . . . 176

## Hyperlipidemia

Classification of Cholesterol Levels in High-Risk Children and Adolescents . . . . . 184  
National Cholesterol Education Program Step-One Dietary Guidelines—Servings per Day for Different Age Groups . . . . . 186

## Hypertension

Blood Pressure Levels for the 90th and 95th Percentiles for Male Children and Adolescents Ages 1 to 17 . . . . . 190  
Blood Pressure Levels for the 90th and 95th Percentiles for Female Children and Adolescents Ages 1 to 17 . . . . . 191  
Classification of Blood Pressure for Adults Ages 18 Years and Older . . . . . 192

## Iron-Deficiency Anemia

Maximum Hemoglobin Concentration and Hematocrit Values for Anemia . . . . . 196  
Adjustment of Maximum Hemoglobin Concentration and Hematocrit Values for Iron-Deficiency Anemia . . . . . 197

## Nutrition and Sports

Heat-Related Illness: Signs, Symptoms, and Treatment . . . . . 206  
Vignette: The Importance of Drinking Sufficient Fluids in Hot Weather . . . . . 211

## Obesity

Recommended Overweight Screening Procedures . . . . . 214

Recommendations for Weight Goals . . . . . 216

## Oral Health

Systemic Fluoride Supplements: Recommended Dosage . . . . . 223

## Vegetarian Eating Practices

Vegetarian Diets . . . . . 231  
Suggested Daily Food Guide for Lacto-ovovegetarians at Various Intake Levels . . . . . 236  
Suggested Daily Food Guide for Vegan Children and Adolescents at Various Intake Levels . . . . . 237

## Nutrition Tools A–M

Nutrition Questionnaire for Infants . . . . . 241–242/pocket  
Nutrition Questionnaire for Children . . . . . 243–245/pocket  
Nutrition Questionnaire for Adolescents . . . . . 246–248/pocket  
Key Indicators of Nutrition Risk for Children and Adolescents . . . . . 249–254  
Screening for Elevated Blood Lead Levels . . 255–256  
Stages of Change—A Model for Nutrition Counseling . . . . . 257  
Strategies for Promoting Healthy Eating Behaviors . . . . . 258–261  
Tips for Promoting Food Safety . . . . . 262  
Tips for Fostering a Positive Body Image Among Children and Adolescents . . . . . 263  
Nutrition Resources . . . . . 264–272  
Federal Food Assistance and Nutrition Programs . . . . . 273–277  
*Healthy People 2010* Nutrition Objectives for Children and Adolescents . . . . . 278–281  
CDC Growth Charts . . . . . 282/pocket

# TOPIC INDEX

<b>Body Image</b>	92, 94, 97, 100–101, 106, 112–113, 116, 118–126, 131, 161–163, 166–167, 207, 247, 251–252, 263
<b>Body Mass Index</b>	66, 94–97, 116–117, 128, 146, 154, 161–162, 165, 168, 184, 208, 213–216, 250–252, 282
<b>Breastfeeding</b>	7, 14, 25–32, 34–46, 48, 50, 53–56, 70, 72–73, 137–142, 144, 156, 171–172, 174, 178, 198–199, 201, 221, 227, 231–235, 241–242, 268, 275
<b>Calcium</b>	8, 20, 64, 82, 92, 104, 106, 114, 114, 131–132, 159, 164, 172, 174, 193, 199–200, 204, 208, 222, 230, 232, 234–237, 243, 246–247, 249, 254, 256, 260
<b>Children and Adolescents with Special Health Care Needs</b>	11, 14, 28–29, 48, 64, 69, 71, 73–74, 95–96, 99, 118, 145–150, 199, 222, 253, 268
<b>Culture</b>	17–20, 69, 112, 212, 227
<b>Dehydration</b>	154, 159, 164, 204–205, 207–209, 211
<b>Dental Caries/ Early Childhood Caries</b>	26, 33, 38, 55, 61–62, 66–67, 70, 81, 89, 98, 100, 111, 120, 122, 124–125, 145–146, 163, 219–223, 254
<b>Diabetes Mellitus</b>	3, 61, 89, 91, 111, 113, 117, 129, 146, 150, 153, 157, 184, 214, 245–247, 250, 252–253, 269
<b>Feeding Relationship</b>	66, 166, 173
<b>Folate/Folic Acid</b>	37–38, 114, 233, 246–247, 249
<b>Food Allergy</b>	45, 47, 170–176, 269
<b>Food Assistance/Resources</b>	50, 63–64, 77, 94–95, 98, 101, 113–114, 149, 227, 247, 250–252, 273–277
<b>Food Safety</b>	32, 35–36, 68–69, 246, 262, 278
<b>HIV/AIDS</b>	37–39, 117, 142, 146, 148, 177–181, 253, 270
<b>Hyperlipidemia</b>	75–76, 95, 114, 117, 183–187, 250, 253, 270
<b>Hypertension</b>	61, 76, 89, 91, 95, 111, 113, 116, 155, 189–194, 213–214, 245, 248, 252–253, 270
<b>Iron–Deficiency Anemia</b>	3, 14, 32, 46, 48, 61, 64, 71–72, 74, 76, 96, 100, 114, 118, 125, 196–202, 204–205, 207, 209, 227, 230, 233, 250, 253–254

<b>Lactose Intolerance</b>	19–20, 82, 104, 131, 154, 170, 249
<b>Lead</b>	48, 71, 74, 76, 198, 253, 255–256
<b>Nutrition in Schools</b>	4, 13, 90–91, 103, 128–129, 149–150, 156–157, 176
<b>Obesity/Overweight</b>	3, 20, 82, 94–96, 99, 106, 116–117, 119, 121–122, 124, 147, 153–154, 166, 168, 184–185, 192–194, 209, 212–218, 245–248, 250, 252, 263, 271, 279, 282
<b>Oral Health</b>	33, 38, 69–71, 75–76, 95, 117, 159, 219–224, 254, 271–272
<b>Osteoporosis</b>	3, 8, 61, 89, 111, 138, 159, 207, 244, 249
<b>Parenting Tips</b>	11, 14, 54–56, 81–84, 104–107, 130–133, 258–263
<b>Partnership</b>	10, 13, 27, 63, 91, 113, 171
<b>Pediatric Undernutrition</b>	3, 61, 100, 111–112, 125, 226–228
<b>Physical Activity</b>	3, 5–6, 9–14, 27, 35, 38, 45, 50, 62, 69, 77, 82–83, 90–91, 94–101, 105–106, 111–114, 116, 118–125, 129, 132, 147, 153–157, 161–168, 183, 185, 193–194, 203, 205, 207–209, 211–213, 215–217, 226, 244, 247–248, 252–253, 282
<b>Role Models</b>	11, 62, 68–69, 77, 80–83, 90, 101, 104, 106, 113, 126, 130–132, 243, 258
<b>Solid Food Introduction</b>	26, 29, 45–47, 50, 53, 55–56, 174, 235
<b>Substance Use</b>	36, 39, 99, 114, 121, 123–124, 247–248, 251
<b>Vegetarian Eating Practices</b>	36, 106, 132, 154, 161, 209, 229–237, 246, 250, 272
<b>Weaning</b>	48, 71, 141, 227