



Nutri-eSTEP
Nutrition Screening Tool for Toddlers and Preschoolers

www.nutristep.ca

Are you a parent or caregiver with a young child?

Do you want to know how your child is doing with daily nutrition habits?



What is Nutri-eSTEP?

Nutri-eSTEP is a fast and simple way to find out if your toddler (18 to 35 months) or preschooler (3 to 5 years) has good eating habits.

How does Nutri-eSTEP work?

1. Visit www.nutristep.ca and select the toddler or preschooler questionnaire.
2. Answer 17 short NutriSTEP® questions about your child's eating and activity habits – it takes less than 15 minutes.
3. Get immediate personalized feedback.

Why is it important?

Healthy habits at a young age build lifelong patterns for healthy growth and development.

The screenshot shows a question on a tablet screen: "1. My child usually eats grain products: Examples are bread, bagels, buns, roti, tortillas, crackers, hot or cold cereal, pasta, and rice." Below the question are four radio button options: "More than 5 times a day", "4 to 5 times a day", "2 to 3 times a day", and "Less than 2 times a day". There is a "Need Help?" link and a section for "Other examples are naan, chapatti, couscous, and quinoa." followed by two bullet points: "Think about your child's typical everyday eating habits." and "Think about if grain products are included in your child's usual breakfast, lunch, dinner and snacks."

Nutri-eSTEP helps you

Find out what is going well and what to work on.
Get tips on how to improve eating and activity habits.
Get links to trusted nutrition resources.



After completing Nutri-eSTEP

Save and print your survey results.

Brought to you by



Nutri-eSTEP by J Randall Simpson (Family Relations & Applied Nutrition).
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