



Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

Suggestions for Short Messages

For Health Care Providers

- Answer 17 questions to help young children get a healthy start with Nutri-eSTEP at: www.nutristep.ca
- Nutri-eSTEP is the online questionnaires that provides immediate individualized feedback as well as links to relevant nutrition resources at www.nutristep.ca.
- Have parents of young children with nutrition concerns? Refer them to the free online nutrition-screening tool, Nutri-eSTEP, a valid and reliable tool that provides immediate feedback and resources to support a child's eating habits. Access at www.nutristep.ca
- Support your clients with young children to identify nutrition risks with the NutriSTEP® screening questionnaires. At: www.nutristep.ca
- NutriSTEP®, a tool which provides an opportunity to start the conversation about nutrition risk topics in those with young children. At: www.nutristep.ca
- Approximately 18-23% of the population of young children aged 18 months to 5 years have been identified as at high nutritional risk. The NutriSTEP® questionnaires support early identification of potential nutrition problems for parents and communities. At: www.nutristep.ca

For Parents

- Looking for reliable nutrition advice on how to feed your young child? Go to www.nutristep.ca to answer 17 questions about your child's eating habits and get personalized advice, written and developed by dietitians.
- Nutri-eSTEP is the online questionnaires that provides immediate individualized feedback as well as links to relevant nutrition resources at www.nutristep.ca

- Nutri-eSTEP is a fast and simple way to find out if your toddler (18 to 35 months) or preschooler (3 to 5 years) is a healthy eater and to get feedback. Online at: www.nutristep.ca
- Want to know more about your child's food and nutrient intake, physical growth and development, physical activity and sedentary behaviours? Try Nutri-eSTEP at: www.nutristep.ca
- Healthy eating for children is more than fruits and vegetables. Use Nutri-eSTEP to assess your child's nutritional risk and get feedback. At: www.nutristep.ca
- Is your child getting enough protein? How much milk should they drink? For personalized answers to these nutrition questions and more, go to www.nutristep.ca
- Check out your child's eating habits with Nutri-eSTEP at: www.nutristep.ca