

Mott Poll Questions



Portions & Healthy Eating

The following questions were answered by parents with children age 3-10 years old.

Q1. When you are having dinner at home, how do you determine how much food goes on your [x]-year-old child's plate? *Choose one response that best matches what you usually do.*

1. Let child choose how much to take
2. Give child slightly less than adults
3. Use predetermined portions from the package
4. Give child the same portion as adults in family

Q2. Do you have any of these family rules about dinner? *Select all that apply.*

1. Have to finish what's on your plate
2. Have to try some of everything
3. Eat only what you want – ok if some is left
4. No dessert if you don't finish dinner
5. No sweetened beverages
6. None of the above

Q3. How often do you make something different for your [x]-year-old child if they don't like the dinner that other family members are having?

1. Often
2. Sometimes
3. Almost never

Q4. Do you allow your [x]-year-old child to have seconds?

1. Yes
2. No
3. Only if they finish everything on plate
4. Only for healthy items

Q5. Which of the following have you tried to get your [x]-year-old child to eat vegetables as part of a healthy diet? *Select all that apply.*

1. Serving vegetables every day
2. Fixing vegetables how my child likes them
3. Hiding vegetables in other foods
4. Offering reward for finishing vegetables
5. Let child help fix the vegetables
6. Let child pick out vegetables at the grocery store
7. Try vegetables they haven't had before
8. None of the above

Q6. When you buy groceries or when you plan meals, do you do any of the following to get your [x]-year-old child to eat a healthy diet overall? *Select all you have tried.*

1. Limit the amount of foods with added sugar
2. Limit the amount of meat
3. Limit the amount of fat
4. Limit the amount of processed foods
5. None of the above

Q7. What are your biggest challenges with making sure your [x]-year-old child gets a healthy diet? *Select all that apply.*

1. Cost of healthy food
2. Food waste
3. No control over what is served at school
4. Child doesn't like healthy food
5. Child eats too fast
6. Child is a picky eater in general
7. No time to prepare healthy food
8. None of the above

Q8. Do you think the following types of diets are healthy for children?

	Yes	No	Unsure
a. Plant-based (vegan)			
b. Vegetarian			
c. Mediterranean			
d. Keto/low-carb			
e. Standard American diet			

Q9. Have you tried any of these diets for your child? *Select all that apply.*

1. Plant-based (vegan)
2. Vegetarian
3. Mediterranean
4. Keto/low-carb
5. None of the above

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