**Case Study - Aaliyah : 4 years old**

**Health History**  
No medical problems  
No current problems. Regular dental visits.  
Tap water or bottled water (Deerpark)  
No Food Allergies  
No Smoking  
Watches 2 hrs TV a day in evening ; 4 hrs/day on weekends

**Nutrition History**

Mealtimes are pleasant most of the time.  
Mom feels Aaliyah eats enough.  
Mom feels Aaliyah is growing just right.  
Meal pattern: 3 meals and 3 snacks/day  
Foods offered: all foods are checked off   
Uses a regular cup  
Milk: 24oz/day – whole milk  
Water: 16oz/day  
Juice: 6oz/day  
Fruit-flavored drinks  
Mom eats meals with child  
Child rarely refuses foods. Mom does not force her to eat if she refuses foods.  
No food security problems identified.  
Is there anything you wish could be different about feeding this child? No

**Risk factors**

BMI/age >= 95th percentile   
 Nutrition practices (drinks, soda, fruit punch, sweet tea daily)