



## Food Preferences

### Beverages

Do you drink milk? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, what kind?

_____ Skim	_____ Lactose-Free
_____ 1%	_____ Soy
_____ 2%	
_____ Whole	

Do you drink juice? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, what kind?

_____ Apple	_____ Grapefruit
_____ Cranberry	_____ Orange
_____ Grape	_____ Tomato

What other beverages do you drink? \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Breakfast

What do you usually have for breakfast (be specific)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What items are realistic for you to eat at breakfast?

_____ Bagel	_____ Fruit Smoothie (Homemade / Commercial)
_____ Breakfast Bar	_____ Hot Cereal
_____ Cold Cereal	_____ Meal Replacement Shake
_____ Cottage Cheese	_____ Pancakes
_____ Eggs	_____ Toast
_____ English Muffin	_____ Waffles
_____ Fruit	_____ Yogurt

Would you mind repeat items for breakfast? Yes \_\_\_\_\_ No \_\_\_\_\_

Comments: \_\_\_\_\_

## **Lunch**

What do you usually have for lunch (be specific)?

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What items are realistic for you at lunch?

### *Sandwiches:*

_____ Chicken	_____ Ham	_____ Turkey
_____ Chicken Salad	_____ Roast Beef	_____ Vegetable
_____ Egg Salad	_____ Tuna Salad	

### *Salads:*

_____ Caesar	_____ Chef	_____ Tossed
_____ Bean Sprouts	_____ Cauliflower	_____ Peppers
_____ Broccoli	_____ Cucumber	_____ Radishes
_____ Cabbage	_____ Mushrooms	_____ Spinach
_____ Carrots	_____ Onions	_____ Tomatoes

### *Soups:*

\_\_\_\_\_ Beef-Based      \_\_\_\_\_ Chicken-Based      \_\_\_\_\_ Vegetable-Based

Would you mind repeat items for lunch? Yes \_\_\_\_\_ No \_\_\_\_\_

Would you like a hot meal for lunch occasionally? Yes \_\_\_\_\_ No \_\_\_\_\_

Would you like fast food for lunch occasionally? Yes \_\_\_\_\_ No \_\_\_\_\_

Comments: \_\_\_\_\_

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## Supper

What do you usually have for supper (be specific)?

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What items are realistic for you at supper?

### *Meat, Poultry, Fish:*

<input type="checkbox"/> Beef	<input type="checkbox"/> Fish	<input type="checkbox"/> Ham	<input type="checkbox"/> Steak
<input type="checkbox"/> Chicken	<input type="checkbox"/> Ground Beef	<input type="checkbox"/> Pork	<input type="checkbox"/> Tofu
<input type="checkbox"/> Eggs	<input type="checkbox"/> Ground Poultry	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Turkey

Other: \_\_\_\_\_

### *Starches:*

<input type="checkbox"/> Baked Beans	<input type="checkbox"/> Brown Rice	<input type="checkbox"/> French Fries	<input type="checkbox"/> Stuffing
<input type="checkbox"/> Baked Potato	<input type="checkbox"/> Bulgar	<input type="checkbox"/> Mashed Potatoes	<input type="checkbox"/> Sweet Potatoes
<input type="checkbox"/> Beans	<input type="checkbox"/> Corn	<input type="checkbox"/> Pasta	<input type="checkbox"/> White Rice
<input type="checkbox"/> Bread	<input type="checkbox"/> Couscous	<input type="checkbox"/> Peas	<input type="checkbox"/> Tortilla

Other: \_\_\_\_\_

### *Vegetables:*

<input type="checkbox"/> Asparagus	<input type="checkbox"/> Carrots	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Tomatoes
<input type="checkbox"/> Beets	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Onions	<input type="checkbox"/> Waxed Beans
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Peppers	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Brussel Sprouts	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Sauerkraut	
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Green Beans	<input type="checkbox"/> Spinach	

Other: \_\_\_\_\_

What type of combination foods do you like?

<input type="checkbox"/> Casseroles	<input type="checkbox"/> Pizza	<input type="checkbox"/> Stew
<input type="checkbox"/> Chili	<input type="checkbox"/> Pot Roast	<input type="checkbox"/> Stir-Fry
<input type="checkbox"/> Macaroni and Cheese	<input type="checkbox"/> Rice Dishes	
<input type="checkbox"/> Pasta Dishes	<input type="checkbox"/> "Skillet" Dishes	

Other: \_\_\_\_\_

How many times per week do you eat a salad with supper? \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Snacks**

Do you eat snacks during the day? Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, when do you usually have your snacks?

\_\_\_\_\_ Mid-Morning                      \_\_\_\_\_ Mid-Afternoon                      \_\_\_\_\_ Evening

Are you able to refrigerate snacks during the day? Yes \_\_\_\_\_ No \_\_\_\_\_

What do you usually have for snack (be specific)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What items are realistic for you as snacks?

- |                       |                         |                         |
|-----------------------|-------------------------|-------------------------|
| _____ Animal Crackers | _____ Goldfish Crackers | _____ Rice Cakes        |
| _____ Baked Chips     | _____ Graham Crackers   | _____ Saltine Crackers  |
| _____ Cereal          | _____ Granola Bar       | _____ Snack Bar         |
| _____ Cheese          | _____ Nuts              | _____ Sandwich Crackers |
| _____ Cottage Cheese  | _____ Popcorn           | _____ Yogurt            |
| _____ Frozen Yogurt   | _____ Pretzels          |                         |
| _____ Fruit           | _____ Raw Vegetables    |                         |

Other: \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Condiments**

What condiments do you like?

- |                        |                    |                    |                      |
|------------------------|--------------------|--------------------|----------------------|
| _____ All Fruit Spread | _____ Cream Cheese | _____ Ketchup      | _____ Mustard        |
| _____ Apple Butter     | _____ Honey        | _____ Maple Syrup  | _____ Peanut Butter  |
| _____ Butter           | _____ Horseradish  | _____ Margarine    | _____ Salad Dressing |
| _____ Cheese           | _____ Jam          | _____ Mayonnaise   | _____ Salsa          |
| _____ Cranberry Sauce  | _____ Jelly        | _____ Miracle Whip | _____ Sour Cream     |