

## What foods do you like to eat?

In the first column check all of the foods you *like* to eat, and in the second column check all of the foods you *typically* eat in a week. For example, if you like blueberries check the first box; if you don't eat them every week leave the second box blank.

### Grains

- Bagel
- Barley
- Biscuit
- Bread
- Bulgur
- Cereal
- Cornbread
- Couscous
- Crackers
- English muffin
- Granola bars
- Grits
- Muesli
- Muffin
- Oatmeal
- Pancakes
- Pasta
- Pita
- Popcorn
- Quinoa
- Rice
- Tortilla
- Other \_\_\_\_\_

### Vegetables

- Alfalfa sprouts
- Artichokes
- Asparagus
- Beets
- Bell peppers
- Broccoli

- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Green beans
- Greens
- Lettuce
- Mushrooms
- Okra
- Onions
- Peas
- Potatoes
- Radish
- Squash
- Spinach
- Sweet potato
- Tomatoes
- Turnips
- Water chestnuts
- Zucchini
- 100% Vegetable juice
- Other \_\_\_\_\_

### Fruits

- Apples
- Apricots
- Avocados
- Bananas

- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Coconut
- Cranberries
- Dates
- Figs
- Fruit Cocktail
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Mangoes
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums
- Pomegranates
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- 100% Fruit juice
- Other \_\_\_\_\_

### Protein

- Beans
- Beef
- Chicken
- Eggs
- Fish
- Ham
- Lamb
- Meat alternatives
- Nuts
- Peanut butter
- Pork
- Seeds
- Shellfish
- Tofu
- Tuna
- Turkey
- Other \_\_\_\_\_

### Dairy

- Calcium-fortified orange juice
- Cheese
- Cottage cheese
- Frozen yogurt
- Milk
- Pudding made with milk
- Ricotta cheese
- Soymilk
- String cheese
- Yogurt
- Other \_\_\_\_\_