**Grains**

**Food Preferences**

Check the foods you eat from each food group and include any foods you eat that are not listed in the “Other” category of each food group. Include any foods you don’t eat or aren’t able to eat (e.g. food allergies, religion) in the “Notes” below.

Bring this to your appointment or email the document to [nutrition@osu.edu](mailto:nutrition@osu.edu).

Bagel

Barley

Biscuit

Bread

Bun

Bulgur

Cereal

Cornbread

Couscous

Crackers

English muffin

Farro

Granola bar

Grits

Muesli

Muffin

Noodles

Oats/oatmeal

Orzo

Pancakes

Pasta

Pita

Popcorn

Pretzels

Quinoa

Rice

Roll

Roti/naan

Tortilla

Waffle

Other

**Vegetables**

Artichoke

Asparagus

Beets

Broccoli

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celery

Corn

Cucumber

Eggplant

Green beans

Leafy greens

Mushrooms

Olives

Okra

Onion

Peas

Peppers

Potato

Radish

Sprouts

Squash

Sweet potato

Tomato

Turnip

Vegetable juice

Water chestnuts

Zucchini

Other

**Fruits**

Apple

Apricot

Avocado

Banana

Berries

Cantaloupe

Cherries

Clementine

Cranberries

Coconut

Dates

Dragon fruit

Fig

Fruit juice

Guava

Grapefruit

Grapes

Honeydew

Kiwi

Mango

Nectarine

Orange

Papaya

Peach

Pear

Pineapple

Plantain

Plum

Pomegranate

Prunes

Raisins

Tangerine

Watermelon

Other

**Protein**

Beans/legumes

Beef

Chicken

Egg

Fish

Lamb

Meat alternatives

Nuts/nut butter

Pork

Protein bar/shake

Seeds

Shellfish

Turkey

Other

**Dairy**

Cheese

Cottage cheese

Dairy alternatives

Kefir

Milk

Yogurt

Other

Notes