**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.

[ ] 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