**Grains**

**Food Preferences**

In the first column, check the foods you like to eat based on taste, texture, preparation, etc. In the second column, check the foods you haven’t tried (or don’t remember trying) OR any foods you are unable to have due to a food allergy, intolerance or sensitivity. Bring this to your appointment.

[ ] [ ] Bagel

[ ] [ ] Barley

[ ] [ ] Biscuit

[ ] [ ] Bread

[ ] [ ] Bun

[ ] [ ] Bulgur

[ ] [ ] Cereal

[ ] [ ] Chapati

[ ] [ ] Cornbread

[ ] [ ] Couscous

[ ] [ ] Crackers

[ ] [ ] English muffin

[ ] [ ] Farro

[ ] [ ] Granola bars

[ ] [ ] Grits

[ ] [ ] Muesli

[ ] [ ] Muffin

[ ] [ ] Naan

[ ] [ ] Oatmeal

[ ] [ ] Orzo

[ ] [ ] Pancakes

[ ] [ ] Pasta

[ ] [ ] Pita

[ ] [ ] Popcorn

[ ] [ ] Pretzels

[ ] [ ] Quinoa

[ ] [ ] Rice

[ ] [ ] Roll

[ ] [ ] Roti

[ ] [ ] Tortilla

[ ] [ ] 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

[ ] [ ] Turnips

[ ] [ ] Vegetable juice

[ ] [ ] Water chestnuts

[ ] [ ] Zucchini

[ ] [ ] Other

**Fruits**

[ ] [ ] Apples

[ ] [ ] Apricots

[ ] [ ] Avocados

[ ] [ ] Bananas

[ ] [ ] Blueberries

[ ] [ ] Cantaloupe

[ ] [ ] Cherries

[ ] [ ] Clementines

[ ] [ ] Cranberries

[ ] [ ] Coconut

[ ] [ ] Dates

[ ] [ ] Figs

[ ] [ ] Fruit juice

[ ] [ ] Grapefruit

[ ] [ ] Grapes

[ ] [ ] Honeydew

[ ] [ ] Kiwi

[ ] [ ] Mangoes

[ ] [ ] Nectarines

[ ] [ ] Oranges

[ ] [ ] Papaya

[ ] [ ] Peaches

[ ] [ ] Pears

[ ] [ ] Pineapple

[ ] [ ] Plantains

[ ] [ ] Plums

[ ] [ ] Pomegranate

[ ] [ ] Prunes

[ ] [ ] Raisins

[ ] [ ] Raspberries

[ ] [ ] Strawberries

[ ] [ ] Tangerines

[ ] [ ] Watermelon

[ ] [ ] Other

**Protein**

[ ] [ ] Beans/legumes

[ ] [ ] Beef

[ ] [ ] Chicken

[ ] [ ] Eggs

[ ] [ ] Fish

[ ] [ ] Ham

[ ] [ ] Lamb

[ ] [ ] Meat alternatives

[ ] [ ] Nuts/nut butters

[ ] [ ] Pork

[ ] [ ] Protein bars

[ ] [ ] Protein shakes

[ ] [ ] Seeds

[ ] [ ] Shellfish

[ ] [ ] Turkey

[ ] [ ] Other

**Dairy**

[ ] [ ] Calcium-fortified OJ

[ ] [ ] Cheese

[ ] [ ] Cottage cheese

[ ] [ ] Kefir

[ ] [ ] Milk       %

[ ] [ ] Milk alternative

[ ] [ ] Ricotta cheese

[ ] [ ] Yogurt

[ ] [ ] Other