

Name

Five Food Groups

In the first column, check all the foods you *like* to eat based on taste, texture, preparation, etc. In the second column, check all the foods you *typically* eat on a regular basis (i.e. daily, weekly). Save it as "Five Food Groups - First and Last Name" and email it as a pdf to nutrition@osu.edu within 1-2 days before your appointment.

Grains

Bagel
Barley
Biscuit
Bread
Bulgur
Cereal
Cornbread
Couscous
Crackers
English muffin
Granola bar
Grits
Muesli
Muffin
Oatmeal
Pancakes
Pasta
Pita
Popcorn
Pretzels
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
Olives
Okra
Onions
Peas
Potatoes
Radish
Squash
Spinach
Sweet potato
Tomatoes
Turnips
Water chestnuts
Zucchini
Vegetable juice
Other

Fruits

Apples
Apricots

Avocados
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Clementines
Cranberries
Dates
Figs
Grapefruit
Grapes
Honeydew
Kiwi
Mangoes
Nectarines
Oranges
Papaya
Peaches
Pears
Pineapple
Plantains
Plums
Pomegranates
Prunes
Raisins
Raspberries
Strawberries
Tangerines
Watermelon
Fruit juice
Other

Protein

Beans, chickpeas, lentils
Beef
Chicken
Eggs
Fish
Ham
Lamb
Meat alternatives
Nuts
Nut butter
Pork
Protein bars/shakes
Protein powder
Seeds
Shellfish
Tofu
Tuna
Turkey
Other

Dairy

Calcium-fortified OJ
Cheese
Cottage cheese
Kefir
Milk %
Milk alternative
Soy milk
String cheese
Yogurt
Other