

FOOD PREFERENCE INVENTORY AND WORKSHEET

Food Preference Inventory

Circle about how often your child eats at least a *portion* of this food (the portion is listed after the food); **No** = a *portion* of this food is never eaten; **Week** = at least once per week; **Day** = once per day, **Many** = more than once per day. If the child eats other foods not included here, write them in the blanks below.

Food	How often is food eaten by your child?	Is this food eaten by the family?	Food	How often is food eaten by your child?	Is this food eaten by the family?
Apple	No Week Day Many	Yes	Crackers	No Week Day Many	Yes
Apple Juice	No Week Day Many	Yes	Fruit Roll-up/Snacks	No Week Day Many	Yes
Applesauce	No Week Day Many	Yes	Other Candy	No Week Day Many	Yes
Apricots	No Week Day Many	Yes	Pie	No Week Day Many	Yes
Avocado	No Week Day Many	Yes	Potato Chips	No Week Day Many	Yes
Banana	No Week Day Many	Yes	Pretzels	No Week Day Many	Yes
Banana Chips	No Week Day Many	Yes	Bacon	No Week Day Many	Yes
Berries	No Week Day Many	Yes	Baked Beans	No Week Day Many	Yes
Cantaloupe	No Week Day Many	Yes	Chicken	No Week Day Many	Yes
Cherries	No Week Day Many	Yes	Chicken Nugget	No Week Day Many	Yes
Cranberry Sauce	No Week Day Many	Yes	Chicken salad	No Week Day Many	Yes
Cranberry Juice	No Week Day Many	Yes	Clams/oysters	No Week Day Many	Yes
Fruit Cocktail	No Week Day Many	Yes	Crab/lobster	No Week Day Many	Yes
Grapefruit	No Week Day Many	Yes	Eggs	No Week Day Many	Yes
Grapefruit Juice	No Week Day Many	Yes	Fish	No Week Day Many	Yes
Grapes	No Week Day Many	Yes	Fish Stick	No Week Day Many	Yes
Grape Juice	No Week Day Many	Yes	Ham	No Week Day Many	Yes
Honeydew	No Week Day Many	Yes	Ham salad	No Week Day Many	Yes
Kiwi	No Week Day Many	Yes	Hamburger	No Week Day Many	Yes
Lemonade	No Week Day Many	Yes	Hot Dog	No Week Day Many	Yes
Mango	No Week Day Many	Yes	Lamb	No Week Day Many	Yes
Nectarine	No Week Day Many	Yes	Lentils	No Week Day Many	Yes
Oranges	No Week Day Many	Yes	Liver	No Week Day Many	Yes
Orange Juice	No Week Day Many	Yes	Lunchmeat	No Week Day Many	Yes
Peaches	No Week Day Many	Yes	Meatloaf	No Week Day Many	Yes
Pear	No Week Day Many	Yes	Other Beans	No Week Day Many	Yes
Pineapple	No Week Day Many	Yes	Other nuts/seeds	No Week Day Many	Yes
Plums	No Week Day Many	Yes	Peanut Butter	No Week Day Many	Yes
Prunes	No Week Day Many	Yes	Peanuts	No Week Day Many	Yes
Prune Juice	No Week Day Many	Yes	Popcorn	No Week Day Many	Yes
Strawberry	No Week Day Many	Yes	Pork	No Week Day Many	Yes
Raisins	No Week Day Many	Yes	Roast Beef	No Week Day Many	Yes
Watermelon	No Week Day Many	Yes	Sausage	No Week Day Many	Yes
American Cheese	No Week Day Many	Yes	Shrimp	No Week Day Many	Yes
Cheese Spread	No Week Day Many	Yes	Steak	No Week Day Many	Yes
Chocolate Milk	No Week Day Many	Yes	Tuna salad	No Week Day Many	Yes
Cottage Cheese	No Week Day Many	Yes	Turkey	No Week Day Many	Yes
Cream Cheese	No Week Day Many	Yes	Veal	No Week Day Many	Yes
Hot Chocolate	No Week Day Many	Yes	Venison	No Week Day Many	Yes
Ice Cream	No Week Day Many	Yes	Chili	No Week Day Many	Yes
Milk	No Week Day Many	Yes	Pot Pie	No Week Day Many	Yes
Milk Shake	No Week Day Many	Yes	Soup	No Week Day Many	Yes
Other Cheese(s)	No Week Day Many	Yes	Stew	No Week Day Many	Yes
Pudding	No Week Day Many	Yes	Stuffing	No Week Day Many	Yes
Sherbet	No Week Day Many	Yes	Bagel	No Week Day Many	Yes
Sour Cream	No Week Day Many	Yes	Breakfast Bars	No Week Day Many	Yes
Tofu	No Week Day Many	Yes	Cereal (cold)	No Week Day Many	Yes
Yogurt	No Week Day Many	Yes	Corn Bread	No Week Day Many	Yes
Asparagus	No Week Day Many	Yes	Cream of Wheat	No Week Day Many	Yes
Beets	No Week Day Many	Yes	Donut/pastry	No Week Day Many	Yes
Broccoli	No Week Day Many	Yes	Egg Noodles	No Week Day Many	Yes
Cabbage	No Week Day Many	Yes	Farina	No Week Day Many	Yes
Carrots	No Week Day Many	Yes	French Fries	No Week Day Many	Yes
Cauliflower	No Week Day Many	Yes	French Toast	No Week Day Many	Yes

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Coleslaw	No Week Day Many	Yes	Grits	No Week Day Many	Yes
Celery	No Week Day Many	Yes	Lasagna/ravioli	No Week Day Many	Yes
Corn	No Week Day Many	Yes	Macaroni	No Week Day Many	Yes
Creamed Corn	No Week Day Many	Yes	Muffins/rolls	No Week Day Many	Yes
Cucumbers	No Week Day Many	Yes	Noodles	No Week Day Many	Yes
Greens	No Week Day Many	Yes	Oatmeal	No Week Day Many	Yes
Green or Wax Beans	No Week Day Many	Yes	Pancake	No Week Day Many	Yes
Lettuce (salad)	No Week Day Many	Yes	Pita	No Week Day Many	Yes
Lima beans	No Week Day Many	Yes	Pizza	No Week Day Many	Yes
Onion	No Week Day Many	Yes	Poptart	No Week Day Many	Yes
Peas	No Week Day Many	Yes	Potato(mashed/baked)	No Week Day Many	Yes
Green Pepper	No Week Day Many	Yes	Potato salad	No Week Day Many	Yes
Pickles	No Week Day Many	Yes	Ramen Noodles	No Week Day Many	Yes
Radish	No Week Day Many	Yes	Rice	No Week Day Many	Yes
Sauerkraut	No Week Day Many	Yes	Spaghetti	No Week Day Many	Yes
Spinach	No Week Day Many	Yes	Spaghettios	No Week Day Many	Yes
Squash	No Week Day Many	Yes	Stuffing/filling	No Week Day Many	Yes
Sweet Potato	No Week Day Many	Yes	Taco/burrito	No Week Day Many	Yes
Tomato	No Week Day Many	Yes	Waffle	No Week Day Many	Yes
Turnip	No Week Day Many	Yes	Wheat/grain Bread	No Week Day Many	Yes
Cake (any type)	No Week Day Many	Yes	White Bread	No Week Day Many	Yes
Cheese Puffs/Curls	No Week Day Many	Yes		No Week Day Many	Yes
Chocolate Candy	No Week Day Many	Yes		No Week Day Many	Yes
Cookies	No Week Day Many	Yes		No Week Day Many	Yes
Corn/tortilla Chips	No Week Day Many	Yes		No Week Day Many	Yes

Drinking Preference Inventory (circle or fill-in the blank; 1 cup = 8 ounces)

Does your child drink a supplement (e.g. Pediasure, Boost, etc.)? Yes No

If yes, which one? _____ How much/ day? _____

What kind of milk does your child usually drink? Whole 2% 1% Skim Soy Rice

How much/day? _____

Is your child's milk usually flavored? Yes No

If yes, what is used? Chocolate/strawberry syrup Flavored powder Instant Breakfast Ovaltine Other _____

Does your child drink? Hot chocolate Milkshake Drinkable yogurt

How many ounces of these drinks does your child drink per day? _____ ounces

How much 100% juice does your child drink per day? _____ ounces

How much other fruit drinks (Hi-C, Kool Aid, etc.) does your child drink per day? _____ ounces

How much soda or iced tea does your child drink per day? _____ ounces

Does it usually have caffeine? Yes No What type is it usually? Regular Diet

How much water does your child drink per day? _____ ounces

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Protein sources	Textures	Carbohydrates
Vegetables	Fruits	Specific Food Brands
Meal Quality	Flavors and Condiments	Temperatures

Recommendations for expanding diet:
