**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.

<table>
<thead>
<tr>
<th>Food</th>
<th>How often is food eaten by your child?</th>
<th>Is this food eaten by the family?</th>
<th>Food</th>
<th>How often is food eaten by your child?</th>
<th>Is this food eaten by the family?</th>
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<tbody>
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<td>Yes</td>
<td>Crackers</td>
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<td>Fruit Roll-up/Snacks</td>
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## FOOD PREFERENCE INVENTORY AND WORKSHEET

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

**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
## FOOD PREFERENCE INVENTORY AND WORKSHEET

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Recommendations for expanding diet:

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Source: Marcy Goldsmith, OTR/L (1997)