



Food Inventory Preferences

Texture Preferences:

- Crunchy
- Crisp
- Smooth
- Lumpy
- Uniform Lumpy (cottage cheese texture)
- Hard
- Chewy
- Mixed Consistencies

Taste Preferences:

- Salty
- Sweet
- Spicy
- Tart
- Flavored
- Bland

Temperature Preferences:

- Hot
- Warm
- Cold
- Cool

Overall description of appetite:

- Poor
- Fair
- Good
- Varies from day to day

Food Inventory

Starches/Carbohydrates

- Crackers
- Chips
- Pretzels
- Cheese puffs
- Popcorn
- Taco shells (hard)
- Flour tortillas
- Rolls
- Pizza Crusts
- Noodles
- Rice
- Hamburger or hot dog buns
- Bread
 - White, wheat, rye, potato, rice,
glutenfree, pumpernickel
- Toast
- Breadsticks
- Garlic bread sticks
- Hot rolls, baked bread, crescent rolls,
croissants
- Biscuits
- Doughnuts, sweet rolls, cinnamon rolls,
caramel rolls
- Banana bread, pumpkin bread, apple bread,
muffins
- Hot rolls, baked bread, crescent rolls,
croissants
- Biscuits
- Doughnuts, sweet rolls, cinnamon rolls,
caramel rolls

- Corn bread
- Cupcakes
- Pies
- Cheesecake
- Cookies
- Cream of Wheat
- PopTarts
- Dry cereal
- Pancakes
- French toast
- Oatmeal
- Waffles

Potato Products:

- French Fries
- Tater tots
- Tater rounds
- Hash browns
- Fried potatoes
- Baked potatoes
- Potato chips
- Potato wedges
- Shoestring potato sticks
- Mashed potatoes
- Scalloped/au gratin potatoes
- Baked sweet potatoes
- Sweet potato chips
- Sweet potato fries
- Vegetable chips

Other: _____

Protein Sources

- Baked Chicken
- Fried chicken
- Chicken strips
- Chicken nuggets
- Turkey
- Poultry
- Fish (fried)
- Fish (baked/broiled)
- Tuna
- Salmon
- Beef (steak, roast)
- Roast
- Ribs
- Deer
- Hamburger
- Steak
- Pork
- Baby foods meats
- Ham
- Lunch meat (type) _____

- Sausage
- Bacon
- Chicken/ham salad
- Beans
- Baked beans
- Tuna salad
- Meatballs
- Hot dogs
- Corn dogs
- Bologna
- Lil' smokies
- Eggs
- Tofu
- Edamame
- Peanut butter
- Peanuts
- Walnuts
- Cashews
- Pecans
- Pistachios

Other: _____

Cheese/Dairy

- Cheddar
- American
- Parmesan
- Swiss
- Monterey jack
- Mozzarella
- Colby
- Cottage cheese

- Cream cheese
- Sour cream
- Cream cheese
- Cool whip
- Yogurt (type) _____
- Ice Cream
- Sherbert

Other: _____

Vegetables

- Green Beans
- Broccoli
- Cauliflower
- Corn
- Squash
- Cucumber
- Zucchini
- Spinach
- Carrots
- Lettuce
- Brussels sprouts
- Pepper (Red / Green)
- Onion
- Peas
- Bean (Kidney/ Navy/ Pinto)
- Asparagus
- Avocado
- Mushroom
- Celery
- Coleslaw
- Cabbage
- Sweet potatoes
- Tomatoes
- Asparagus

Other: _____

Fruits

- Apple
- Apricot
- Banana
- Blueberry
- Cantaloupe
- Cherry
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Strawberry
- Tangerine
- Applesauce
- Mangoes
- Orange
- Peaches
- Pear
- Papaya
- Pineapple
- Plum
- Pumpkin
- Watermelon
- Raisin
- Raspberry
- Rhubarb
- Dried fruits (type)
- Canned Fruits (type)

Other: _____

Beverages

- Juice (circle all that apply): orange, cherry, grape, fruit punch, strawberry, strawberry kiwi, cranberry, white grape, other: _____
- Milk
- Flavored milk (type) _____
- Pop (circle all that apply): cola, lemonlime, orange, grape, root beer, cream soda
- Tea (circle all that apply): sweetened, unsweetened
- Milk shakes
- Floats

- Drinkable yogurt
- Water
- Lemonade

- Caloric supplements (chocolate, vanilla, strawberry, banana cream)

Other: _____

Condiments

- Ketchup
- Mayonnaise
- Miracle whip
- Dijon/spicy mustard
- Honey mustard
- BBQ sauce
- A1 Steak sauce

- Chili Sauce
- Worcestershire sauce
- Butter/margarine
- Chip dip
- Gravy
- Ranch dressing
- Salsa

Other: _____

Mixed Textures

- Macaroni and Cheese
- Pizza
- Noodles with sauce (type) _____
- Cheese or lunch meat sandwich
- Peanut butter & jelly sandwich
- Tacos
- Grilled cheese

- Casseroles
- Soup (type) _____
- Hamburgers _____
- Fruit and yogurt
- Cereal with milk
- Omelette

Other: _____

Fast Foods

Document any fast foods your child likes/prefers:

We also analyze favorite and least favorite foods for patterns and similarities.

Please list your child's favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

Please list your child's least favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

What goal foods would you like to see your child eat with the rest of the family?

- 1.
- 2.
- 3.
- 4.
- 5.

When is your child most successful with eating (time of day, location, or people)?

Comments:
