

FOOD CHECKLIST

Check Boxes of Foods Regularly Eaten

Name: _____

Date of Birth: _____

Today's Date: _____

GRAINS & STARCHES

- Bagels
- Bread
Toast _____
Types _____
- Breadsticks
- Breads
Types _____
- Cereal
Hot _____
Cold _____
- Cereal Bars
- Chips
Types _____
- Crackers
Types _____
- Couscous
- Donuts/Pastries
Types _____
- English Muffins
- French Toast
- Muffins
Types _____
- Oatmeal
- Pancakes
- Pasta
Types _____
- Popcorn
- Pretzels
- Rice
- Tortillas
- Waffles
- OTHERS

ETHNIC BREADS

FRUITS

- Apples
- Applesauce
Type _____
- Apricots
- Bananas
- Blueberries
- Cherries
- Dried Fruits
Types _____
- Fruit Cocktail
- Grapefruit
- Grapes
- Kiwi
- Lemon/Limes
- Mandarin Oranges
- Mango
- Melons
Types _____
- Oranges
- Peaches
Canned ___ Fresh ___
- Pears
Canned ___ Fresh ___
- Pineapple
Canned ___ Fresh ___
- Plum
- Raspberry
- Strawberries
- OTHERS

ETHNIC FRUITS

VEGETABLES

- Asparagus
- Avocado
- Beets
- Broccoli
Cooked ___ Raw ___
- Cabbage
Cooked ___ Raw ___
- Carrots
Cooked ___ Raw ___
- Cauliflower
Cooked ___ Raw ___
- Celery
- Corn
- Cucumber
- Green Beans
- Lettuce
- Mushroom
Cooked ___ Raw ___
- Olives
Types _____
- Peas
- Peppers
Types _____
- Pickles
Sweet ___ Sour ___
- Potatoes
Types _____
- Spinach
Cooked ___ Raw ___
- Squash
- Sweet Potatoes
- Tomatoes
Cooked ___ Raw ___

ETHNIC VEGIES

MEAT & PROTEIN

- Bacon
- Beans (Legumes)
Types _____
- Canned Meats
Types _____
- Chicken
- Chicken Nuggets
- Deli Meat
- Eggs
Types _____
- Fish
Types _____
- Ground Beef/Meats
- Ham
- Hamburgers
- Hot Dogs
- Hummus
- Lentils/Chick Peas
- Peanut Butter
- Pepperoni
- Pork Chops/Roast
- Nuts
Types _____
- Roast Beef
- Sausage
- Shellfish
Types _____
- Steak
- Tofu
- Turkey
- Venison/Game
- OTHERS

ETHNIC MEATS

Delivering Next Generation Care

DAIRY PRODUCTS

- Breakfast Drinks
Types _____
- Butter
- Cheese
Types _____
- Cottage Cheese
- Cream Cheese
- Ice Cream
Types _____
- Milk
Types _____
- Pudding
Types _____
- Smoothies
Types _____
- Sour Cream
- Yogurt
Types _____
- Yogurt Drinks
Types _____
- OTHERS

OTHER ITEMS

- Vitamins
Types _____
- Minerals
Types _____
- Supplements
Types _____

SWEETS & TREATS

- Bars
Types _____
- Cake
Types _____
- Candy
Types _____
- Cookies
Types _____
- Fruit Snacks
Types _____
- Granola Bars
Types _____
- Juice
Types _____
- Pie
Types _____
- Pop/Soda
Types _____
- OTHERS

ETHNIC TREATS

NUTRIENTIAL DRINKS

- Instant Breakfast
- Pediasure
- Boost
- OTHERS

**SEASONINGS and
CONDIMENTS**

- Barbecue Sauce
- Cinnamon
- Dips
Types _____
- Garlic
- Jams/Jelly
Types _____
- Ketchup
- Lemon Juice
- Lime Juice
- Mayonnaise
- Mustard
- Onion
- Pepper
- Pizza Sauce
- Salad Dressing
Types _____
- Salsa
- Salt
- Soy Sauce
- Spices
Types _____
- Syrup
- Vinegar
- Whipped Cream
- OTHERS

ETHNIC SPICES

COMBINATION FOODS

- Burritos
Types _____
- Chili
- Crock-Pot Dishes
Types _____
- Hot dish-Casserole
Types _____
- Empanadas
- Nachos
- Pasta Dishes
 - Lasagna
 - Macaroni & Cheese
 - Spaghetti
- Plantains
- Pizza
Types _____
- Rice Dishes
Types _____
- Sandwich
Types _____
- Soup
Types _____
- Stews
Types _____
- Tamales
Types _____
- OTHERS

ETHNIC DISHES

Does your family follow a certain diet? _____

Allergies, Food Sensitivities? _____

Concerns about quantity of foods eaten? _____

Other concerns? _____

Name: _____

Completed by: _____