

# 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: \_\_\_\_\_