

## Grains & Starches

- Bagels
- Bread  
Toasted \_\_\_\_\_  
Type \_\_\_\_\_
- Breadsticks
- Breads  
Type \_\_\_\_\_
- Cereal  
Hot \_\_\_\_\_  
Cold \_\_\_\_\_
- Cereal Bars
- Chips  
Type \_\_\_\_\_
- Crackers  
Type \_\_\_\_\_
- Couscous
- Donuts
- Pastries  
Type \_\_\_\_\_
- English Muffins
- Muffins  
Type \_\_\_\_\_
- Oatmeal
- Pancakes
- Pasta  
Type \_\_\_\_\_
- Popcorn
- Pretzels
- Rice

- Waffles
- Others  
Type \_\_\_\_\_
- Ethnic breads  
Type \_\_\_\_\_

## Fruits

- Apples
- Applesauce  
Type \_\_\_\_\_
- Apricots
- Bananas
- Blueberries
- Cherries
- Dried Fruit  
Type \_\_\_\_\_
- Fruit  
Cocktail
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Limes
- Mandarin Orange
- Mango
- Melons  
Type \_\_\_\_\_
- Oranges

- Peaches  
Canned \_\_\_ Fresh \_\_\_
- Pears  
Canned \_\_\_ fresh \_\_\_
- Pineapple  
Canned \_\_\_ fresh \_\_\_
- Plums
- Raspberries
- Strawberry
- Others
- Plantains
- Ethnic Fruit  
Type \_\_\_\_\_

## Vegetables

- Asparagus
- Avocado
- Beets
- Broccoli  
Cooked \_\_\_ Raw \_\_\_
- Cabbage  
Cooked \_\_\_ Raw \_\_\_
- Carrots  
Cooked \_\_\_ Raw \_\_\_
- Cauliflower  
Cooked \_\_\_ Raw \_\_\_
- Celery
- Corn

- Cucumber
- Green Beans
- Lettuce
- Mushrooms  
Cooked \_\_\_ Raw \_\_\_
- Olives  
Type's \_\_\_\_\_
- Peas
- Peppers  
Type \_\_\_\_\_
- Pickles
- Sweet \_\_\_ Sour \_\_\_
- Potatoes  
Type \_\_\_\_\_
- Spinach  
Cooked \_\_\_ Raw \_\_\_
- Squash
- Sweet Potatoes
- Tomatoes  
Cooked \_\_\_ Raw \_\_\_

## Meat & Protein

- Bacon
- Beans (Legumes)  
Type \_\_\_\_\_
- Canned Meats  
Type \_\_\_\_\_
- Chicken

- Chicken Nuggets
- Deli Meats
- Eggs  
Type \_\_\_\_\_
- Fish  
Type \_\_\_\_\_
- Ground  
beef/meats
- Ham
- Hamburger
- Hot Dogs
- Hummus
- Lentils/Chick Peas
- Peanut Butter
- Pepperoni
- Pork Chops/Roast
- Nuts  
Type \_\_\_\_\_
- Roast Beef
- Sausage
- Shellfish  
Type \_\_\_\_\_
- Steak
- Tofu
- Turkey
- Venison/Game
- Others \_\_\_\_\_
- Ethnic Meats

**Dairy Products**

- Breakfast Drinks  
Type \_\_\_\_\_
- Butter
- Cheese  
Type \_\_\_\_\_
- Cottage Cheese
- Cream Cheese
- Ice Cream
- Milk  
Type \_\_\_\_\_
- Pudding  
Type \_\_\_\_\_
- Smoothies  
Type \_\_\_\_\_
- Sour Cream
- Yogurt  
Type \_\_\_\_\_
- Yogurt Drinks  
Type \_\_\_\_\_
- Others \_\_\_\_\_

**Combination Foods**

- Burritos  
Type \_\_\_\_\_
- Chili
- Crock-Pot Dishes  
Type \_\_\_\_\_
- Hot-Dish  
Casserole
- Empanadas
- Nachos
- Pasta Dishes  
\_\_\_\_Lasagna  
\_\_\_\_Macaroni &  
Cheese  
\_\_\_\_Spaghetti  
Type \_\_\_\_\_
- Pizza  
Type \_\_\_\_\_
- Rice Dishes  
Type \_\_\_\_\_
- Sandwich  
Type \_\_\_\_\_
- Soups  
Type \_\_\_\_\_
- Stews  
Type \_\_\_\_\_

- Tamales  
Type \_\_\_\_\_
- Others  
Type \_\_\_\_\_
- Ethnic Dishes  
Type \_\_\_\_\_

**Seasoning/  
Condiment**

- Barbeque Sauce
- Cinnamon
- Dips  
Type \_\_\_\_\_
- Garlic
- Jams/Jelly  
Type \_\_\_\_\_
- Ketchup
- Lemon Juice
- Lime Juice
- Mayonnaise
- Mustard
- Onion
- Pepper
- Pizza Sauce
- Salad Dressing  
Type \_\_\_\_\_

- Salsa
- Salt
- Soy Sauce
- Spices  
Type \_\_\_\_\_
- Whipped Cream
- Syrup
- Vinegar
- Other  
\_\_\_\_\_  
\_\_\_\_\_
- Ethnic Spices  
\_\_\_\_\_

**Nutritional Drinks**

- Instants Breakfast
- Pedi sure
- Boost
- Other

**Other Items**

- Vitamins
- Minerals
- Supplements

**Sweet /Treats**

- Bars  
Type \_\_\_\_\_
- Cake  
Type \_\_\_\_\_
- Candy  
Type \_\_\_\_\_
- Cookies  
Type \_\_\_\_\_
- Fruit Snacks  
Type \_\_\_\_\_
- Granola Bars  
Type \_\_\_\_\_
- Juice  
Type \_\_\_\_\_
- Pie  
Type \_\_\_\_\_
- Pop/Soda  
Type \_\_\_\_\_
- Other  
\_\_\_\_\_  
\_\_\_\_\_
- Ethnic Treats  
\_\_\_\_\_

Are there smells of certain foods that bother your child? \_\_\_\_\_

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Does your family follow a certain diet? \_\_\_\_\_

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Is your child particular about the brand or the color of food they eat?

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Allergies, Food Sensitivities \_\_\_\_\_

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Concerns about quantity of foods eaten \_\_\_\_\_

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Other concerns? \_\_\_\_\_

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**Why fill out the food Checklist?**

The food checklist helps the therapist better understand what foods your child is currently eating. This will help us assess their feeding skills and help us decide what foods to present to them at the assessment. The Occupational Therapist looks at the Food Checklist to find out what foods your child is eating from each food group. They are looking at the food tastes and textures in your child's likes, and what kind of variety there is. At follow up visits, the therapist can have you indicate additions and changes in what your child is eating on the Food Checklist form. This helps assess the progress that is being made with feeding. Parents have also found this checklist helpful in providing them with new ideas of foods to try with their child.

**How do I fill out the form?**

Place an "x" in front of each food item listed that your child will eat. Under some of the names of foods, you are asked to list the types. For example, under the food "cold cereal" you would list types such as Cheerios, Kix, Frosted Flakes, etc. that your child may eat. At the end of each food category section there is a section listed as "other" where you can add any additional foods your child eats that were not already listed

