

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? _____

Does your family follow a certain diet? _____

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

Allergies, Food Sensitivities _____

Concerns about quantity of foods eaten _____

Other concerns? _____

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

