Name: _____

Please check what your child will eat and highlight or circle what the family typically eats.

Appetite
Best time of day to eat _____

Overall description of appetite
- ❏ Poor
- ❏ Fair
- ❏ Good
- ❏ Varies from day to day

Temperature Preferences
- ❏ Hot
- ❏ Warm
- ❏ Cold
- ❏ Cool

Texture Preferences
- ❏ Crunchy
- ❏ Crisp
- ❏ Smooth
- ❏ Lumpy
- ❏ Uniform lumpy (i.e., cottage cheese)
- ❏ Hard
- ❏ Chewy
- ❏ Mixed consistencies

Taste Preferences
- ❏ Salty
- ❏ Sweet
- ❏ Spicy
- ❏ Tart
- ❏ Flavored
- ❏ Bland

Breads ....
- ❏ Crackers
- ❏ Chips
- ❏ Pretzels
- ❏ Snack Mix
- ❏ Bugles
- ❏ Cheese puffs
- ❏ Tostitos/taco chips
- ❏ Taco shells (hard)
- ❏ Flour tortillas
- ❏ Rolls
- ❏ Pizza crusts
- ❏ Hamburger or hot dog buns
- ❏ Bread (white, wheat, rye, potato, rice, gluten-free, pumpernickel, bagels, French bread)
- ❏ Plain bread sticks
- ❏ Garlic bread sticks

- ❏ Texas toast/garlic bread
- ❏ Hot rolls, baked bread, crescent rolls, croissants
- ❏ Biscuits
- ❏ Doughnuts, sweet rolls, cinnamon rolls, caramel rolls
- ❏ Banana bread, pumpkin bread, apple bread, muffins
- ❏ Corn bread
- ❏ Cupcakes
- ❏ Cake, pies, pastries
- ❏ Cheesecake
- ❏ Cookies
- ❏ Other: _____
  _____
  _____

Nuts ....
- ❏ Peanut butter. Specific brands? _____
  _____
- ❏ Peanuts

- ❏ Walnuts
- ❏ Cashews
- ❏ Pecans

Meats..
- ❏ Baked chicken
- ❏ Fried chicken

- ❏ Chicken strips
- ❏ Chicken nuggets

Name: _____

- ❑ Turkey
- ❑ Poultry
- ❑ Fish (fried)
- ❑ Fish (baked or broiled)
- ❑ Tuna
- ❑ Salmon
- ❑ Beef (steak, roast, deli-style)
- ❑ Toast
- ❑ Ribs
- ❑ Hamburger
- ❑ Steak
- ❑ Ham
- ❑ Veal
- ❑ Pork

- ❑ Sausage
- ❑ Bacon
- ❑ Chicken or ham salad
- ❑ Tuna salad
- ❑ Meatballs
- ❑ Hot dogs
- ❑ Corn dogs
- ❑ Bologna
- ❑ Lunch meat
- ❑ Lil' smokies
- ❑ Baby food meat sticks
- ❑ Baby food meats (what types? _____
_____)

Potato Products..

- ❑ French fries
- ❑ Tater tots
- ❑ Tater rounds
- ❑ Hash browns
- ❑ Fried potatoes
- ❑ Baked potatoes
- ❑ Potato chips
- ❑ Potato wedges
- ❑ Shoestring potato sticks
- ❑ Mashed potatoes

- ❑ Mashed potatoes with butter
- ❑ Mashed potatoes with gravy
- ❑ Scalloped/au gratin potatoes
- ❑ Baked sweet potatoes
- ❑ Candied sweet potatoes
- ❑ Sweet potato chips
- ❑ Sweet potato fries
- ❑ Vegetable chips
- ❑ Other: _____
_____

Condiments..

- ❑ Ketchup
- ❑ Mayonnaise
- ❑ Miracle whip
- ❑ Mustard
- ❑ Dijon or spicy mustard
- ❑ Honey mustard
- ❑ BBQ sauce
- ❑ A1 Steak Sauce
- ❑ Chili sauce

- ❑ Worcestershire sauce
- ❑ Ranch dressing
- ❑ Other salad dressings: _____
_____
- ❑ Butter or margarine
- ❑ Chip dip
- ❑ Gravy
- ❑ Other: _____
_____

Breakfast Foods ....

- ❑ Oatmeal
- ❑ Cream of Wheat
- ❑ Pop-Tarts (frosted or plain)
- ❑ Dry cereals
- ❑ Grits
- ❑ Fresh fruit
- ❑ Pancakes
  with fruit
  with syrup

- ❑ Waffles (homemade)
- ❑ Waffles (frozen)
- ❑ French toast
- ❑ Breakfast shakes
- ❑ Yogurt
  Blended / with chunks of fruit
- ❑ Go-Gurt (what types? _____
_____)

Name: _____

- ❑ Eggs
  scrambled
  omelet
  fried
  boiled
  poached
  with cheese, vegetables, salsa,
    chopped meats, etc.

- ❑ Toast
  with cinnamon and butter
  with jelly
  with apple butter
  with peanut butter
  with honey (after age two)

Vegetables..

- ❑ Green beans
- ❑ Broccoli
- ❑ Cauliflower
- ❑ Corn
- ❑ Squash
- ❑ Cucumber
- ❑ Zucchini
- ❑ Spinach
- ❑ Carrots
- ❑ Lettuce
- ❑ Coleslaw
- ❑ Cabbage
- ❑ Sweet potatoes

- ❑ Tomatoes
- ❑ Asparagus
- ❑ Brussels sprouts
- ❑ Green pepper
- ❑ Onion
- ❑ Peas
- ❑ Salsa
- ❑ Vegetable baby food (what types? _____
  _____
  _____)
- ❑ Other: _____
  _____
  _____

Liquids..

- ❑ Juice (mark all that apply):
  - ❑ Orange
  - ❑ Cherry
  - ❑ Berry
  - ❑ Grape
  - ❑ Fruit punch
  - ❑ Strawberry
  - ❑ Strawberry kiwi
  - ❑ Cranberry fruit cocktail
  - ❑ White grape
  - ❑ Pear
  - ❑ Other: _____
- ❑ Lemonade
- ❑ Milk (mark all that apply):

- ❑ Whole
- ❑ 2 percent
- ❑ Skim
- ❑ Tea (circle all that apply): sweetened,
  unsweetened
- ❑ Milk shakes
- ❑ Floats
- ❑ Drinkable yogurt
- ❑ Water
- ❑ Caloric supplements (chocolate, vanilla,
  strawberry, banana cream)
- ❑ Other: _____
  _____
  _____

Fruits..

- ❑ Apple
- ❑ Banana
- ❑ Blueberry
- ❑ Cantaloupe
- ❑ Cherry
- ❑ Grapes
- ❑ Kiwi

- ❑ Lemon
- ❑ Lime
- ❑ Orange
- ❑ Pear
- ❑ Pumpkin
- ❑ Watermelon
- ❑ Raisin

- ❑ Raspberry
- ❑ Rhubarb
- ❑ Strawberry
- ❑ Tangerine
- ❑ Tomato
- ❑ Dried fruit

Name: _____

Pasta/Italian-style dishes..
- ❑ Spaghetti
- ❑ Lasagna
- ❑ SpaghettiOs/Ravioli's
- ❑ Casseroles (e.g., Hamburger Helper)
- ❑ Pizza

- ❑ Rice dishes: _____
- ❑ Noodle dishes: _____
- ❑ Couscous

- ❑ Pizza toppings: _____
  _____
- ❑ Other: _____
  _____
  _____

Mexican...
- ❑ Burrito
- ❑ Enchilada
- ❑ Taco
- ❑ Tortilla
- ❑ Rice

  Beans
- ❑ Other _____
  _____
  _____
  _____

Soups
- ❑ Cheese
- ❑ Cheese and broccoli
- ❑ Cheese and vegetables
- ❑ Chili
- ❑ Stew
- ❑ Vegetable
- ❑ Vegetable beef

- ❑ French onion
- ❑ Egg drop
- ❑ Beef noodle
- ❑ Chicken and rice
- ❑ Other: _____
  _____
  _____

Cheese/Dairy ....
- ❑ Cheddar
- ❑ American
- ❑ Parmesan
- ❑ Swiss
- ❑ Monterey Jack
- ❑ Mozzarella
- ❑ Colby
- ❑ Cottage cheese
- ❑ Sour cream

- ❑ Yogurt (what types? _____
  _____)
- ❑ Cool Whip
- ❑ Whipped cream
- ❑ Ice cream (what types? _____
  _____)
- ❑ Sherbet (what types? _____
  _____)

Fast Foods:

_____
_____

Other: _____
_____
_____
_____

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Please complete this chart as fully as possible. Information like amounts (1/4 of sandwich, ¼ c soup), type item (only McDonald's chicken nuggets, white bread only), way they eat it (have to remove the crust) is helpful to include. Feel free to use the back, if needed.