



Food Likes and Dislikes Questionnaire

Please cross out any foods you would prefer not to eat or would not buy at the grocery store.

Dairy

Skim milk	1% milk	2% milk	Chocolate milk
Soy milk	Plain low-fat yogurt	Fruited low-fat yogurt	Cottage cheese
Swiss cheese	Cheddar cheese	Grated cheese	Soy cheese
Other:			

Protein

Beef	Chicken	Turkey	Fish
Pork	Ham	Bacon	Sausage
Eggs	Tuna fish	Peanut butter	Shrimp
Soy meat	Black beans	Garbanzo beans	Kidney bean
Other:			

Starch

Bagel	Pancakes	Corn	Brown or Wild rice
English muffin	Waffles	Potatoes	Pasta
Whole Wheat bread	French toast	Peas	Popcorn
Pita bread	Granola	Sweet potato	Pretzels
Crackers	Winter Squash	Flat bread	French fries
Dinner roll	Taco shells	Quinoa	Barley
Cereal (hot and cold):			
Chips (potato, tortilla, etc):			
Other:			

Fruits

Apple	Blueberries	Peaches	Apple juice
Applesauce	Cantaloupe	Pears	Orange juice
Banana	Watermelon	Strawberries	Grape juice
Orange	Muskmelon	Mango	Mixed berry juice
Mandarin orange	Pineapple	Dried fruit	Cranberry juice
Grapes	Plum	Canned fruit	Frozen fruit
Other:			

Vegetables

Asparagus	Cucumber	Mushroom	Iceberg lettuce
Cauliflower	Green beans	Sweet peppers	Romaine lettuce
Broccoli	Brussels sprouts	Mixed vegetables	Leaf lettuce
Celery	Onion	Roasted vegetables	Spinach
Carrots	Tomato	Oriental vegetables	Beets
Other:			

Condiments and dressings

Butter	Creamy salad dressing	Salsa	Olive Oil
Margarine	Italian salad dressing	Guacamole	Hummus
Cream cheese	Spaghetti sauce	Sour cream	Canola Oil
Other:			

Favorite Restaurants and Menu Selections

List your top three restaurants and/or menu selections:

1. _____
2. _____
3. _____

Please list any additional information about your food preferences that you think would help:

Diet History and Food Frequency

Current Diet:	
Previous Diets:	
How many meals per day:	
How many times per week do you eat at restaurants, take-out or fast-food:	
What is your typical eating environment:	
What are your favorite foods:	
What foods will you not eat:	
What foods do you have cravings for:	
How is your diet affected by stress:	
Who prepares meals at home:	
Who does the grocery shopping:	
Do you eat snacks and if so, how many per day:	

	Estimated Servings per Day	Estimated Servings per Week
Bread, cereal, pasta, rice, grains		
Fruit		
Vegetables		
Milk, cheese, yogurt		
Meat, poultry, fish, eggs		
Lentils, beans, tofu		
Peanut butter, nuts		
Fats		
Oils		
Fried foods		
Snack foods		
Desserts		
Sweetened beverages		
100% fruit juice		
Water		
Caffeinated beverages		
Sports drinks		