



FEEL GOOD NUTRITION

DIET & NUTRITION COUNSELING

Food Preferences Questionnaire

This questionnaire asks about your food preferences and intake patterns. For each food item listed, please respond by indicating your preference for the food. If there are foods that you prefer that are not listed, please add them to the last page of this questionnaire.

Breads, Cereals and Grain Products

Description	Eat often	Eat sometimes	Rarely eat/do not like
Whole grain breads (whole wheat, rye, 7-grain, etc)			
White bread s(French, buns, rolls, etc)			
English Muffin, bagel, pita bread			
Flour tortillas (6-inch)			
Whole grain crackers (Wheat Thins, Triscuits, etc)			
Other crackers (Saltines, Ritz, etc)			
Corn Tortilla (6-inch)			
Muffins (berry, bran, corn, etc)			
Pancakes, waffles			
Oatmeal, regular			
Instant oatmeal, grits, cream of wheat			
Sugary cold cereals (frosted flakes, apple jacks, fruit loops, etc)			
Whole grain cold cereals (shredded wheat, Kashi, raisin bran, bran flakes, etc)			
Rice (brown or white)			
Pasta (whole wheat or white)			
Other whole grains (quinoa, millet, barley, etc)			

Fruits and Juices

Description	Eat often	Eat sometimes	Rarely eat/do not like
Apple or applesauce			
Banana			
Oranges, clementines or grapefruit			
Peach, nectarine			
Berries (Strawberries, Blueberries, raspberries)			
Cantaloupe			
Other melon (watermelon, honeydew)			
Pineapple			
Dried Fruits (raisins, dates, prunes, apricot, etc)			
Canned Fruit			
Orange or Grapefruit Juice			
Other juice (apple, grape, cranberry)			
Fruit Drinks (lemonade, punch, Koolaid)			
Tomato or Vegetable Juice			

Fats and Oils

Description	Eat often	Eat sometimes	Rarely eat/do not like
Vegetable Oils (corn, safflower, etc)			
Olive Oil			
Canola Oil			
Peanut Oil			
Shortening			
Margarine			
Butter			
Mayonnaise			
Creamy Salad Dressing (Ranch, Blue Cheese, etc)			
Vinaigrette Salad Dressing			
Light or reduced fat Salad dressing			

Milk, Yogurt, and Cheeses

Description	Eat often	Eat sometimes	Rarely eat/do not like
Whole Milk			
2% milk			
1% milk or nonfat (Skim) milk			
Chocolate milk			
Half and Half, cream			
Fruited yogurt (light or regular)			
Plain yogurt			
Hard Cheese: Cheddar, Colby, Monterey Jack, Swiss, etc.			
Soft Cheese: goat, feta, ricotta, brie, etc.			
Other Cheese: American, cream cheese, string, etc.			
Cottage Cheese			

Vegetables

Description	Eat often	Eat sometimes	Rarely eat/do not like
Lettuce: Romaine, mixed greens, iceberg, etc.			
Dark leafy greens: Spinach, kale, Swiss chard, etc.			
Carrots, raw or cooked			
Tomatoes (fresh or canned)			
Starchy vegetables: corn, peas			
Green beans, beets, zucchini, yellow squash			
Cauliflower, broccoli, Brussels sprouts, cabbage			
Asparagus			
Winter squash: Acorn, butternut, etc.			
White potato, baked, boiled or mashed			
Sweet potato or yams			
Avocado			
Olives			



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Protein Foods

Description	Eat often	Eat sometimes	Rarely eat/do not like
Legumes: Lentils, black beans, navy beans, chick peas, etc.			
Nuts and Seeds (peanuts, almonds, cashews, walnuts, sunflower seeds, etc.)			
Peanut butter, nut butters			
Tofu or other meat substitutes (Boca burger, Garden burger, etc.)			
Beef: steak, sirloin, pot roast, veal, etc.			
Beef: ground, cooked			
Pork: chops, roast, ham			
Lamb: chops, roast			
Poultry: chicken, turkey, duck			
Tuna fish (canned in water)			
Fresh/Frozen Fish: Salmon, tilapia, halibut, etc.			
Lunch meats: Turkey, ham, bologna, salami, etc.			
Eggs or Egg substitutes			
Hot Dogs or Sausage links			
Hummus dip			

Desserts and Sweets

Description	Eat often	Eat sometimes	Rarely eat/do not like
Cookies: chocolate chip, oatmeal, Girl Scout, etc.			
Doughnuts, scones, sweet muffins			
Cake, frosted			
Granola Bars (Nutrigrain, Quaker, Special K, etc.)			
Pie (Apple, Cherry, Pumpkin, Key Lime, etc.)			
Jell-O or other gelatin			
Pudding or custard			
Ice cream (scoop, bars, etc.)			
Sherbet or Sorbet			
Chocolate (Candy bars, chocolate bars, kisses, etc.)			
Hard candy (lifesavers, gum, jolly ranchers)			
Popsicles, frozen			
Sugar, honey, jam, jelly, syrups			

Miscellaneous

Description	Eat often	Eat sometimes	Rarely eat/do not like
Fast Food Pizza (Papa Johns, Dominoes, Pizza Hut, Tony's, etc.)			
Fast food Hamburger (McDonalds, Wendy's, Burger King, etc.)			
Fast Food Mexican (Taco Bell, Chipotle, Baja Fresh, etc.)			
Popcorn			
Potato Chips, corn chips, Tortilla chips			
Tomato based spaghetti sauce			
Cheese/cream based spaghetti sauce			
Sauces: Soy sauce, steak sauce, BBQ, etc.			
Soups: Vegetable or noodle type			
Soups: Creamy or potato			

Please add any foods below that are not indicated in the questionnaire.

Description	Eat often	Eat sometimes	Rarely eat/do not like

For each question, circle the response which best currently describes your usual behavior.

1.	How many days each week do you eat breakfast?	None	1-2 days	3-5 days	6-7 days
2.	How often do you eat between meals or after dinner?	Daily	1-2 days per week	Once a week or less	Seldom
3.	What is your usual pattern for the evening meal?	Biggest meal	Medium size meal	Light meal	Seldom eat dinner
4.	Do the type of meals you usually eat include the following?	Red meats	Fish or chicken	Vegetarian meals	Vegan-no animal foods
5.	How much water do you drink each day?	Rarely	1-2 cups	3-5 cups	>5 cups
6.	Do you usually salt your food?	Freely	Moderately	Sparingly	Never
7.	Do you use non fat or reduced fat products?	Never	Rarely	Sometimes	Regularly
8.	What kind of spread do you use most often?	Butter	Stick margarine	Tub margarine	None of these
9.	Does your work or daily activity primarily involve the following?	Sitting	Standing	Walking or other activity	Heavy labor
10.	How often do you exercise for 20 minutes or more each week?	0-1 times	2-3 times	3-5 times	6 times or more
11.	Do you currently take a multivitamin?	Never	Rarely	Sometimes	Daily
12.	Do you take any other vitamin or mineral supplement?	Antioxidant	Calcium	Vitamin E	Vitamin C
13.	Do you take any other nutritional supplements?	Fish oil (EFA)	Probiotics	Protein Shake	Other



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