

## Food Preferences Questionnaire

- Please check off all foods that you eat, or are willing to try.

Allergies or Food Intolerances \_\_\_\_\_

### GRAIN PRODUCTS

#### Cereals

- Oatmeal/Hot Cereal
- Cereals - brands? \_\_\_\_\_

#### Breads

- Bread \_\_\_\_\_
- Pita Bread
- Buns/Baguettes
- Bagels
- Wraps

#### Side Grains

- Pasta
- Rice
- Other \_\_\_\_\_

#### Crackers

- Crackers \_\_\_\_\_
- Ry Vita, Wasa, etc
- Rice crackers
- Other \_\_\_\_\_

#### Bars

- Granola Bars
- Protein/Energy Bars
- Other \_\_\_\_\_

#### Do you eat spreads?

- Nut Butter
- Peanut Butter
- Jam
- Margarine
- Butter
- Cream Cheese

### FRUIT & VEGETABLE

Are there any fruit and/or vegetables that you don't like?

What are your favorite fruits and vegetables?

Do you eat potatoes?

Do you eat avocado?

Do you eat salad?

#### Salad Dressings

- Oil & Vinegar
- Caesar
- Italian
- Other \_\_\_\_\_

### MILK PRODUCTS

#### Fluid Milk

- Skim
- 1%
- 2%
- Soy
- Rice Milk
- Almond

#### Cheese

- Cheddar
- Mozzarella
- Feta
- Blue
- Cottage
- Goat
- Other \_\_\_\_\_

#### Cultured Milk Products

- Yogurt
- Sour Cream
- Other \_\_\_\_\_

### MEAT & ALTERNATIVES

#### Meat

- Beef: steak
- Beef; ground
- Pork: chops, tenderloin
- Chicken; Breast
- Chicken; ground
- Turkey: Breast
- Turkey; ground
- Veal
- Lamb
- Bison
- Other \_\_\_\_\_

#### Processed Meats

- Lunchmeats
- Sausage
- Bacon
- Other \_\_\_\_\_

#### Fish

- Salmon
- Halibut
- Shrimp
- Canned Tuna
- Other \_\_\_\_\_

#### Egg Products

- Whole egg
- Liquid Egg
- Egg whites only

#### Vegetarian Proteins

- Tofu
- Soy-based meat alt.
- Beans/legumes
- Nuts

### CONDIMENTS

- Mayonnaise
- Ketchup
- Mustard \_\_\_\_\_
- BBQ/Steak Sauce
- Hummus
- Salsa

### DRINKS

- Juice \_\_\_\_\_
- Coffee: type, what do you put in it?
- Tea: type, what do you put in it?
- Alcohol: average per week?
- Other \_\_\_\_\_

### COOKING HABITS

How much time do you spend preparing meals?

Do you have one major cooking day each week, e.g. Sunday?

Do you have a favorite meal, that you eat each week, e.g. pizza every Friday?

Do you use a:

- BBQ
- Wok
- Microwave
- Toaster oven
- Oven/Stove Top

Are there any sauces or spices that you really don't like?

#### Ethnic Tastes

- Mexican
- Asian
- Indian (curries)
- Hot/Spicy
- Other \_\_\_\_\_

Favorite desserts and sweets?