

# Food Preferences Questionnaire

Circle the items that you like to eat. Put an X through any items that you are allergic to or have a reaction to.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Protein Sources

Eggs

Chicken

Turkey

Beef

Pork

Beans:

Black / Pinto

Garbanzo / Navy

Kidney

Salmon

Cod

Halibut

Tuna

Shrimp

Scallops

Nuts:

Almonds / Cashews

Pecans / Walnuts

Quinoa

Tempeh / Tofu

Cheeses

Cottage cheese

Yogurt

## Fruits

Apple

Avocado

Banana

Blueberries

Cantaloupe

Cherries

Grapes

Grapefruit

Honeydew melon

Kiwi

Lemon

Lime

Orange

Mango

Papaya

Peach

Pear

Pineapple

Plum

Raspberries

Strawberries

Tangerine

## Vegetables

Artichoke

Asparagus

Bell peppers

Beets

Bok choy

Broccoli

Brussel sprouts

Carrots

Cabbage

Cauliflower

Celery

Chard

Chili peppers

Collard greens

Corn

Kale

Kohlrabi

Lettuce

Mushrooms

Olives

Onion

Parsley

Parsnip

Peas

Potato

Pumpkin

Rutabaga

Radish

Shallot

Spinach

Squashes:

Acorn

Delicata

Butternut

Spaghetti

Sweet potato

Tomato

Turnip

Yam

Yellow squash

Zucchini