

Favorite Foods Questionnaire

The purpose of this questionnaire is to learn which foods you like and dislike. Simply cross out foods you refuse to eat or would not buy at the grocery store.			
Vegetables			
Asparagus	Broccoli	Brussels Sprouts	Carrots
Cauliflower	Celery	Cucumber	Green Beans
Iceberg Lettuce	Marinara Sauce	Mixed Vegetables	Mushrooms
Onions	Romaine Lettuce	Spaghetti Sauce	Sweet Bell Peppers
Tomato			
Fruit			
Apple	Apple Juice	Applesauce	Banana
Blueberries	Cantaloupe	Cranberry Juice	Dates
Dried Apricots	Figs	Fruit Cocktail	Grape Juice
Grapes	Honeydew	Preserves	Mango
Nectarine	Orange	Orange Juice	Peach
Pineapple	Plums	Raisins	Strawberries
Starch			
Bagel	Baked Potato	Bran Cereal	Brown Rice
Corn	Corn Flakes	Crackers	English Muffin
Graham Crackers	Granola	Oatmeal	Pasta
Pancakes	Peas	Pita	Popcorn
Pretzels	Raisin Bran	Roll	Rye Bread
Sourdough Bread	Squash	Sweet Potato	Tortilla
White Bread	White Rice	Whole Wheat Bread	Wild Rice
Starch with Fat			
Animal Crackers	Crackers	Croutons	French Fries
Taco Shells	Triscuits	Waffles	
Milk			
Milk - Skim	Milk - 1%	Milk - 2%	Milk - Whole
Soy Milk	Yogurt - LoFat Plain	Yogurt - LoFat Fruit	Soy Yogurt
Cheese - Fat Free	Cheese - LoFat	Cheese - Regular	Cottage Cheese
Protein			
Fish	Egg	Ham	Beef
Black Beans	Egg Whites	Bacon	Pork
Chicken	Soy Meat	Peanut Butter	Turkey
Pinto Beans	Shrimp	Crab	
Fat & Sugar			
Avocado	Butter	Cream Cheese	Dressing - Ranch
Dressing - Italian	Dressing - Vinaigrette	Jelly	Margarine
Mayonnaise	Miracle Whip	Nuts	Olive Oil
Sour Cream	Syrup		

Please add any additional information about your food preferences that could be helpful:
