

Assessing Food Preferences

Date:

What foods do you miss the most when on diet?

What foods do you crave, if any?

What type of foods do you snack on?

Which ethnic foods do you enjoy, if any?

Please circle which vegetables you like.

Artichoke
Asparagus
Beans
Bean sprouts
Beets
Broccoli
Brussel sprouts
Cabbage
Carrots
Celery
Corn

Cucumber
Eggplant
Kale
Lettuce
Mushrooms
Okra
Onions
Parsnips
Peas
Peppers
Potatoes

Pumpkin
Radishes
Sauerkraut
Spinach
Squash
Sweet potatoes
Tomatoes
Tomato sauce
Turnips
Water chestnuts
Zucchini

Circle which fruits you like.

Apples
Applesauce
Apricots
Avocado
Banana
Blueberries
Cherries
Coconut
Cranberries
Dates
Fruit cocktail

Grapefruit
Grapes, green
Grapes, red
Guava
Mandarin oranges
Melon, cantaloupe
Melon, honeydew
Melon, watermelon
Nectarines
Oranges
Peaches

Pears
Pineapple
Plums
Prunes
Raisins
Raspberries
Rhubarb
Strawberries
Tangerines