

Favorite Foods Questionnaire

The purpose of this questionnaire is to learn which foods you like and dislike. Simply check off the foods you like to eat or that you would 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
Quinoa	Couscous		

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
Greek 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	Tofu

Fat & Sugar

Avocado	Butter	Cream Cheese	Dressing - Ranch
Dressing - Italian	Dressing - Vinaigrette	Jelly	Margarine
Mayonnaise	Miracle Whip	Nuts	Olive Oil
Sour Cream	Syrup	Hummus	

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

Nutriworks

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