

# food preferences list

When filling out this list, be as specific as possible: include brands, restaurants, specific flavors, preparation details such as “crust off,” etc. For example:

- McDonald’s fries
- Regular Triscuit
- Grilled cheese sandwich with one American cheese slice, crust cut off

Consider using pencil so you can come back and move food entries from one box to another. If you want to print out a copy, this form is also available under Conquer Picky Eating resources at: [www.extremepickyeating.com/teenadultresources](http://www.extremepickyeating.com/teenadultresources).

The categories and lists in the left “food categories” column are meant to jog your memory and provide new foods to consider. To add any food you don’t see on the list, use the blank spaces at the bottom or write them into a similar category. We know a few of you don’t “enjoy” any foods you eat. If there are foods you can *tolerate*, put those in the first group, “eat now and enjoy.” Do your best to make this table work for you.

The following is an example:

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
fast foods: pizza, burgers, fries, chicken nuggets/tenders	plain cheese Domino's®, room temp		plain cheese Little Caesars®	plain cheese Little Caesars®	mushroom pizza

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

**Circle** any condiments/dips/sauces/toppings you eat:

- |                |                |                   |                                |
|----------------|----------------|-------------------|--------------------------------|
| butter         | yellow mustard | Miracle Whip      | caramel sauce                  |
| margarine      | Dijon mustard  | rainbow sprinkles | peanut butter                  |
| ketchup        | pickle relish  | cinnamon sugar    | melted chocolate               |
| hot sauce      | Sriracha       | frosting          | melted cheese sauce            |
| ranch dressing | wasabi paste   | Nutella           | Parmesan cheese from Kraft can |
| barbecue sauce | mayonnaise     | hummus            |                                |

Others \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
bread: pita, whole wheat, white, brand names, toasted, no crust					
breakfast breads: waffles, French toast, pancakes, from scratch or frozen, muffins					
bagels, English muffins					
sandwiches: tortilla/wraps					

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
sandwiches: grilled, on soft white roll, plain, no crust, subs					
pasta: noodles, macaroni and cheese, elbow macaroni, shells, buttered spaghetti, with sauce, pasta salad, plain					
rice: brown, white					
cereal: cold cereal, dry or with milk; brand; warm cereals, including oatmeal, Cream of Wheat, and any toppings					
crackers: Ritz, Goldfish, Graham, Club, other brands					
food bars: granola, cereal bar, energy or fiber bar such as Clif bar					
crunchy snacks: potato chips kettle-cooked, Ruffles, Pringles, Cheetos, pretzels, cheese puffs					

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
desserts: cookies, cake, pie, cupcake, homemade, store-bought					
ice-cream or frozen treat flavors, brands					
candy: chocolates, red licorice, bars, hard candies					
red meat: steak, ground beef, burger, beef hot dog, lamb chops					
pork: pork chops, ham (thin or thick slices), brats, hot dogs, bacon					
poultry: chicken, turkey, fried, roasted, nuggets, in soups					
deli meats: roast beef, bologna, turkey, salami					

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
seafood: breaded, fish sticks, shrimp, scallops, crab, tuna salad, plain tuna, baked or grilled					
mixed entrees: stews or casseroles, lasagna, soup					
beans: bean soup, navy, black bean, refried, bean salsa					
tofu or other soy: edamame (soybeans), in the shell or without					
dips and salsas: Hummus, eggplant dip, yogurt dip, onion dip, tomato/corn/fruit salsa					
protein or supplement drinks					
egg whites: scrambled, boiled, fried					

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
whole eggs: scrambled, fried, boiled, salad					
nut or seed butters: peanut, cashew or sunflower butter, crunchy, creamy					
nuts: plain, roasted, honey- coated					
milk: lactose- free, flavored					
non-dairy milk: soy, almond, cashew, coconut, hemp					
yogurt: from cup, fruit-on- the-bottom, drinks, tubes, kefir yogurt drink					
soft cheeses: cottage cheese, sour cream, cream cheese					

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
hard cheeses: cheddar, Swiss, melted, plain, grated, on chips					
smoothies: milk shakes, home-made, brands					
fruits (fresh or frozen): citrus, melon, berries, apples (with peel, without), bananas, pears					
fruits (dried, chewy): raisins, prunes, fruit leather					
fruits (freeze-dried crunchy): strawberries, blueberries					
fruits (canned): cocktail, mandarin oranges in syrup, half peaches, pineapple rings, chilled					
vegetables (cooked): plain, with sauces, frozen (eat frozen or cooked), corn, mixed veggies, broccoli					

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
vegetables (raw or freeze-dried): plain, with dips, carrot sticks, grated carrot, jicama slices					
vegetables (canned): black olives, beans, peas, corn					
fast foods: pizza, burgers, fries, chicken nuggets/tenders					
other:					

food categories	eat now and enjoy	eat now but don't enjoy	used to eat but do not eat now	interested in trying	can't imagine eating
other:					
other					
other					
other					