



Food Likes and Dislikes Questionnaire

The purpose of this questionnaire is to learn which foods you like and dislike. Please mark any foods you would prefer to eat or would buy at the grocery store. Please add any items that you do not see listed below.

Dairy

Nonfat milk	1% milk	2% milk	Chocolate milk
Whole Milk	Soy Milk	Nonfat Yogurt	Low Fat Yogurt
Greek Yogurt	Cottage Cheese	Ice Cream	Frozen Yogurt
Cheese (type):			
Other:			

Protein

Beef	Chicken	Turkey	Fish
Pork	Ham	Bacon	Sausage
Eggs	Egg substitute	Peanut Butter	Almond Butter
Sea Food	Tuna fish	Protein supplements	Seeds
Soy Products:			
Beans (type):			
Nuts (type):			
Other:			

Starch

Bagel	Pancakes	Brown rice	White rice
English muffin	Waffles	Pasta	White bread
Wheat bread	French toast	Gluten-free	Popcorn
Pita bread	Granola	Sweet potato	Pretzels
Crackers	Tortilla	Flat bread	French fries
Dinner roll	Taco shells	Buns	Muffin
Sweet breads	Masa	Quinoa	Wheat berries
Cereal (hot/cold):			
Chips (potato, tortilla, etc):			
Other:			

Fruits

Apple	Blueberries	Peaches	Guava
Applesauce	Cantaloupe	Pears	Jack fruit
Banana	Watermelon	Strawberries	Date
Orange	Cantaloupe	Mango	Fig
Grapefruit	Kiwi	Prunes	Honeydew
Lemon	Lime	Cherry	Papaya
Plum	Pineapple	Dried fruit	Tangerine
Grapes	Plum	Canned fruit	Frozen Fruit
Other:			

Vegetables

Asparagus	Cucumber	Mushroom	Iceberg lettuce
Cauliflower	Green beans	Peppers	Romaine lettuce
Broccoli	Brussels sprouts	Cabbage	Leafy lettuce
Celery	Onion	Roasted vegetables	Spinach
Carrot	Pumpkin	Radish	Leek
Green beans	Potato	Sweet potato	Corn
Avocado	Garlic	Eggplant	Squash
Carrots	Tomato	Beets	Canned vegetables
Frozen vegetables	Vegetable juice	Peas	Jicama
Other:			

Beverages

Water	Soda	Diet Soda	Caffeine-free
Vegetable Juice	Fruit Juice	Sports drinks	Crystal Light
Coffee	Tea	Energy drinks	Ensure/Boost
Coconut water	Carbonated drinks	Wine	Beer
Liquor	Cocktail	Smoothies	
Other:			

Condiments and Dressings

Butter	Creamy salad dressing	Salsa	Guacamole
Margarine	Oil-based dressing	Lard	Hummus
Cream cheese	Tomato sauce	Sour cream	Soy-based
Jelly/Jam	Syrup	Relish	Ketchup
Mustard	BBQ sauce		
Savory	Sweet	Spicy	Olive oil
Other:			

Favorite Restaurants/Menu Selection

List your top three restaurant/menu selections:

1. _____
2. _____
3. _____

Please list any additional information about your food preferences that you think would help:
