## Feared food item checklist

Name_			
Date			

Food Item	0	1	2	3	4	5	6	7	Never Tried
Grains									
Bread/Cereal									
White									
Wheat									
Garlic									
Cornbread									
Flatbread/Pita Bread									
Breadstick									
Dinner roll									
Hamburger bun									
Tortilla/Wrap									
Waffle									
French Toast									
Pancake									
Cold Cereal (Cheerios, Cornflakes,etc.)									
Hot Cereal (oatmeal, malt-o-meal)									
English Muffin									
Muffin									
Whole Wheat Bagel									
White Bagel									
Flavored Bagel (blueberry, cinnamon raisin)									
Granola									
Rice/Pasta									
White Rice									
Brown Rice									
Quinoa									
Spaghetti									
Ravioli									
Cheese Tortellini									
Potato									
Baked									
Mashed									
French Fries (Regular & Sweet Potato)									
Potato salad									
Hashbrowns/Tater Tots									
Sweet Potato (Baked or Mashed)									
Chips									
Other grains (list below)									
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Food Item	0	1	2	3	4	5	6	7	Never Tried
Protein									ZF
White Meat									
Grilled Chicken	$\overline{}$								
Breaded Chicken									
Chicken Salad									
Deli Turkey									
Roast Turkey									
Ham									
Roast Pork									
Ribs									
Bacon									
Red Meat									
Roast Beef									
Ground Beef									
Hamburger									
Hot Dog/Sausage									
Steak									
Seafood/Fish									
Tuna salad									
Grilled fish fillet (Salmon, Cod)									
Breaded fish (Cod, Tilapia)									
Shrimp									
Vegetarian Proteins	_								
Tofu									
Veggie Burger									
Scrambled Eggs									
Hard-boiled Egg									
Egg salad									
Hummus									
Beans (black, chickpea, refried)  Peanut Butter									
Other protein (list below)	_								
Other protein (list below)	_						Г	Г	
Condiments									
Salad dressing - Regular varieties									
Mayo/Miracle whip	+					-	1	1	
Veggie dip BBQ sauce									
Butter									
Cream Cheese									
Sour Cream	+						1	1	
Syrup/honey	+						1	1	
Ketchup	+								
Avocado	+					-	1	1	
Gravy	+				<b>-</b>	-			
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Food Item	0	1	2	3	4	5	6	7	Never Tried
Fruit									ž
Fresh									
Apples	П								
Oranges									
Bananas									
Berries (strawberries, blueberries, raspberries)									
Melon (watermelon, cantaloupe, honeydew)									
Pineapple									
Pears									
Grapes									
Peaches									
Canned									
Applesauce									
Fruit cups (peaches, pears, mixed)									
Raisins									
Fruit smoothies									
Other fruit (list below)									
Vegetables									
Salad									
Carrots									
Broccoli									
Cauliflower									
Spinach									
Tomato (fresh and sauce)									
Corn									
Squash (winter, summer, zucchini)									
Coleslaw/cabbage									
Peas									
Green beans									
Asparagus									
Lima beans									
Brussels sprouts									
Bell peppers									
Mushrooms									
Onion									
Other vegetables (list below)									

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Food Item	0	1	2	3	4	5	6	7	Never Tried
Dairy									
Milk									
Reduced-fat (2%)									
Fat free (skim)									
Flavored (chocolate, strawberry)									
Cottage cheese									
Cheese (American, string, cheddar)									
Milk alternative (soy, almond)									
Yogurt									
Flavored Greek									
Dannon (Vanilla)									
Original Yoplait (Flavored)									
Other dairy (list below)									
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Combination foods									
Pizza									
Lasagna/Manicotti									
Stir Fry									
Casseroles/Pasta Bake									
Grilled Cheese Sandwich									
Macaroni & Cheese									
Chili									
Meatloaf									
Tacos/Fajitas									
Burrito/Enchilada									
Cream Based Soups									
Broth Based Soups									
Sandwiches									
Desserts									
Cake									
Cookies									
Ice cream									
Brownies									
Donuts/Cinnamon rolls									
Pie									
Candy									
Chocolate									
Pastries									
Cupcakes									
Other desserts (list below)									

Food Item	0	1	2	3	4	5	6	7	Never Tried
Snacks									
Juice									
Assorted Crackers (Ritz, Saltines, Wheat)									
Graham Crackers									
Goldfish Crackers									
Fruit Leather									
String Cheese									
Hummus									
Guacamole									
Ranch Dip									
Salsa									
Beef Stick									
Teddy Grahams									
Bug Bites Graham Crackers									
Rice Krispie Treat									
White Cheddar Popcorn									
Gardetto's Snack Mix									
Chex Mix									
Fig Newton									
Blue Corn Chips									
Pretzels									
Kettle Chips									
Sun Chips									
Pita Chips									
Terra Vegetable Chips									
Oreo Cookies									
Lorna Doone Cookies									
Hot Chocolate									
Dark Chocolate Bar									
Pudding									
Cereal									
Apple Cinnamon Cheerios									
Cheerios									
Honey Nut Cheerios									
Granola									
Raisin Bran									
Rice Krispies									
Corn Flakes									
Chex (Rice, Corn)									
Frosted Flakes									
Lucky Charms									
Nuts and seeds									
Peanuts									
Cashews									
Almonds									
Walnuts									
Pecans									
Sunflower Seeds									
Peanut Butter									

Food Item	0	1	2	3	4	5	6	7	Never Tried
SunButter (made from sunflower seeds)									
WOW Butter (made from soy nuts)									
Nutella (made from hazelnuts)									
Snack bars									
Assorted Chewy Granola Bars									
Kashi Trail Mix Bar									
Nature Valley Oats and Honey Granola Bar									
Nature Valley Sweet & Salty Nut Bar									
NutriGrain Bar									
Clif Bar									
ProBar									
Other snacks (list below)									
Food most frequently eaten:									
Food most frequently avoided: (please include prepared foods, such as pizza, or partice	ılar re	staur	rants,	)					