# FOOD INVENTORY CHECKLIST

**INSTRUCTIONS:** Check off any food that your child would easily accept to eat. Several items are listed under each section. The “Seasonings and Condiments” section describes flavors your child would eat at any meal.

# X=Eats regularly R=Refuses

|  |  |  |
| --- | --- | --- |
| **GRAINS/STARCHES:** | | |
| Cereal, cold English Muffins chips | | |
| Kinds: Muffins Kinds: | | |
| Cereal, hot Kinds: crackers | | |
| Kinds: donuts Kinds: | | |
| Cereal bars Kinds: pretzels | | |
| Kinds: pastries rice | | |
| bread Toast pita pancakes couscous | | |
| breadsticks waffles | | |
| bagels french toast Kinds: | | |
| Kinds: pasta granola bars | | |
| Kinds: Flavors: | | |
| tortillas | | |
| Other: | | |
| List specific Kinds of foods (e.g. oatmeal, Cheerios): | | |
| List specific brands if your child will eat only one kind of a specific food: | | |
| List any items your child prefers that are not listed above: | | |
| What time of day does your child usually eat these foods? | | |
| **FRUITS AND VEGETABLES:** |  |  |
| potatoes | broccoli (raw/cooked) | blueberries |
| Kinds: | cauliflower (raw/cooked) | raspberries |
| cabbage (raw or cooked) | asparagus | grapes/raisins |
| carrots (raw or cooked) | avocado | apricots |
| celery (raw or cooked) | tomatoes | plums |
| Lettuce | peppers | grapefruit |
| peas | sweet potatoes | kiwi |
| cucumber | green beans | lemons/limes |
| corn | spinach (raw or cooked) | melons |
| pickles (sour or sweet) | mushrooms | Kinds: |
| beets | tofu | oranges |
| olives | Kinds: | mandarin oranges |
| squash | cherries | bananas |
| apples | strawberries | peaches (fresh/canned) |
| pears (fresh or canned) | pineapple (fresh/canned) | applesauce |
| fruit cocktail | fruit juice |  |
| zucchini | pumpkin |  |

List specific Kinds of foods (e.g.steamed carrots, raw celery, canned peaches):

List specific brands if your child will eat only one kind of a specific food:

List any items your child prefers that are not listed above:

What time of day does your child usually eat these foods?

|  |  |  |
| --- | --- | --- |
| **MEATS/PROTEINS:** |  | |
| bacon | deli meats | venison/game |
| sausage | Kinds: | lamb |
| ham | steak | fish |
| hot dogs | pork chops | Kinds: |
| hamburgers | pork roast | bologna/salami |
| chicken | peanut butter | chicken nuggets |
| eggs | turkey | tuna fish |
| Kinds: | seafood | beans |
| roast beef | Kinds: | Kinds: Other: |
|  |  | hummus |

List specific Kinds of foods (e.g. chicken breast, chicken nuggets):

List specific brands if your child will eat only one kind of a specific food:

List any items your child prefers that are not listed above:

What time of day does your child usually eat these foods?

# MILKS/DAIRY PRODUCTS:

cow’s milk cheese ice cream

Almond milk Kinds: Flavors:

soy milk breakfast drink cream cheese

rice milk Flavors sour cream

cottage cheese Yo-J butter

pudding Flavors:

Flavors:

yogurt Other: Flavors:

List specific Kinds of foods (e.g, cheddar cheese stick, Yoplait, chocolate pudding)):

List specific brands if your child will eat only one kind of a specific food:

List any items your child prefers that are not listed above:

What time of day does your child usually eat these foods?

|  |  |  |  |
| --- | --- | --- | --- |
| **SWEETS/FATS:** |  | | |
| Cookies | cake | bars | pop/soda |
| Kinds: | Kinds: | Kinds: | Kinds: |
| candy | pie | jello | fun fruits/fruit roll-ups |
| Kinds: | Kinds: | Flavors | Flavors: |
| jelly Other:  List specific Kinds of foods (e.g.sweet tarts, fruit roll-ups, rice krispie bars):  List specific brands if your child will eat only one kind of a specific food:  List any items your child prefers that are not listed above:  What time of day does your child usually eat these foods? | | | |

|  |  |  |  |
| --- | --- | --- | --- |
| **SEASONSINGS/CONDIMENTS:**  Ketchup | lemon juice | mayonnaise | basil |
| mustard | lime juice | salt | parsley |
| soy sauce | vinegar | pepper | oregano |
| salsa | salad dressing | garlic | paprika |
| barbecue sauce  syrup | Kinds: | onion  Tobasco | ginger  cinnamon |
| Other:  List specific Kinds of foods (e.g, French dressing, Log cabin syrup):  List specific brands if your child will eat only one kind of a specific food:  List any items your child prefers that are not listed above:  What time of day does your child usually eat these foods? | | | |
| **COMBINATION FOODS:**  Stew | tacos | hot dish | chow mein |
| Soup Kinds:  lasagna  macaroni & Cheese  spaghetti | nachos  chili  pizza Kinds: | Kinds:  sandwich Kinds:  rice dishes  Kinds: | cereal with milk |
| Other:  List specific Kinds of foods (e.g. Campbells bean soup, cheese pizza, hamburger rice hot dish):  List specific brands if your child will eat only one kind of a specific food:  List any items your child prefers that are not listed above:  What time of day does your child usually eat these foods? | | | |