Child’s Name:

Date:

FOOD INVENTORY

**Instructions:** Check off any food that your child would easily accept to eat if it was served at the specified mealtime. Several items are listed under lunch and supper. Only check off the items in both places if your child would be served these foods at both meals. For example, if your child would eat peaches at lunch but it would not be served a part of supper, then check off peaches only under lunch. The “Seasonings and Condiments” section describes flavors your child would eat at any meal.

**Breakfast**

 cereal, cold English muffin

 jelly

 home fries

 cereal, hot

 bagels

 eggs

 ketchup

 milk muffins

 bacon

 pancakes

 juice Danish, donuts sausage waffles

 water

 breakfast drink

 cream cheese

 jam

 ham French toast

 toast

List specific types of foods, (e.g., oatmeal, cheerios, apple juice, strawberry milk)

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

List any items your child prefers that are not listed above

**Lunch**

 pasta w/butter sandwich, cheese

 orange

 cucumber

 pasta w/ cheese

 pasta w/tomato sauce

 nachos

 chili

 peanut butter & jelly

 peanut butter & fluff

 peanut butter

 French fries

 peaches

 fruit rollup

 pineapple

 fruit cocktail

 peas

 tomato

 corn

 pickles

 pizza

 potato salad

 applesauce milk

 hot dogs

 coleslaw

 yogurt

 juice

 hamburgers

 chicken nuggets

 tuna fish

 bologna

 soups, stews

 sandwich, deli

 pretzels

 chips

 cookies

 crackers

 apples

 banana

 cottage cheese soda

 pudding water

 jello

 carrots

 celery

 lettuce

List specific types of foods (e.g., ham sandwich, saltines, chicken soup)

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

Are there smells of certain foods that bother your child? Does your child have a preference for food temperatures?

**Supper**

 steak

 roast beef

 pasta w/ cheese

 pasta w/ tom sauce

 celery

 lettuce

 banana

 juice

 pork roast

 lamb

 lasagna

 rice

 tomato milk

 green beans soda

 hotdogs couscous sweet peppers water

 hamburgers

 ground beef

 beans mushrooms

 French fries spinach

 cake

 pie

 chicken nuggets mashed potatoes

 peas

 pudding

 chicken

 fish

 baked potatoes summer squash

 tater tots winter squash

 jello

 yogurt

 nachos

 soup, stews

 pasta w/ butter

 cheese

 cottage cheese

 carrots

 applesauce

 fruit cocktail

 peaches

 cookies

 ice cream

List specific types of foods (e.g., brown rice, swordfish, pepperoni pizza, Coca-Cola)

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

List any item your child prefers that are not listed above

**Snacks**

 corn chips

 popcorn

 yogurt milk

 potato chips

 fresh fruit

 cheese

 juice

 pretzels

 fruit rollups

 ice cream soda

 crackers

 nuts

 fresh vegetables sour candy

 chocolate sweet candy

List specific types of foods, e.g., tortilla chips, goldfish, fudgecicle, etc.

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

**Seasonings and Condiments**

 ketchup

 lime juice

 paprika

 hot pepper

 mustard vinegar

 basil

 horseradish

 soy sauce salad dressing

 barbecue sauce mayonnaise

 curry salt

 ginger

 salsa

 Worcestershire

 relish

 lemon juice

 olives

 pickles

 parsley

 oregano

 cinnamon

 onion

 garlic

 black pepper

Other