



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

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

Texture Preferences:

- Crunchy
- Crisp
- Smooth
- Lumpy
- Uniform Lumpy (cottage cheese texture)
- Hard
- Chewy
- Mixed Consistencies

Taste Preferences:

- Salty
- Sweet
- Spicy
- Tart
- Flavored
- Bland

Temperature Preferences:

- Hot
- Warm
- Cold
- Cool

Overall description of appetite:

- Poor
- Fair
- Good
- Varies from day to day

**Food Inventory**

**Starches/Carbohydrates**

- Crackers
- Chips
- Pretzels
- Cheese puffs
- Popcorn
- Taco shells (hard)
- Flour tortillas
- Rolls
- Pizza Crusts
- Noodles
- Rice



- Hamburger or hot dog buns
- Bread
- White, wheat, rye, potato,  
rice, glutenfree,  
pumpernickel
- Toast
- Breadsticks
- Garlic bread sticks
- Hot rolls, baked bread, crescent  
rolls, croissants
- Biscuits
- Doughnuts, sweet rolls, cinnamon  
rolls, caramel rolls
- Banana bread, pumpkin bread,  
apple bread, muffins
- Hot rolls, baked bread, crescent  
rolls, croissants
- Biscuits
- Doughnuts, sweet rolls, cinnamon  
rolls, caramel rolls
- Corn bread
- Cupcakes
- Pies
- Cheesecake
- Cookies
- Cream of Wheat
- PopTarts
- Dry cereal
- Pancakes
- French toast
- Oatmeal
- Waffles
- Potato Products:
- French Fries
- Tater tots
- Tater rounds
- Hash browns
- Fried potatoes
- Baked potatoes
- Potato chips
- Potato wedges



- Shoestring potato sticks
  - Mashed potatoes
  - Scalloped/au gratin potatoes
  - Baked sweet potatoes
  - Sweet potato chips
  - Sweet potato fries
  - Vegetable chips
  - Other: \_\_\_\_\_
- 

### **Protein Sources**

- Baked Chicken
  - Fried chicken
  - Chicken strips
  - Chicken nuggets
  - Turkey
  - Poultry
  - Fish (fried)
  - Fish (baked/broiled)
  - Tuna
  - Salmon
  - Beef (steak, roast)
  - Roast
  - Ribs
  - Deer
  - Hamburger
  - Steak
  - Pork
  - Baby foods meats
  - Ham
  - Lunch meat (type) \_\_\_\_\_
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- Sausage
- Bacon
- Chicken/ham salad
- Beans
- Baked beans
- Tuna salad
- Meatballs
- Hot dogs
- Corn dogs
- Bologna



- Lil' smokies
  - Eggs
  - Tofu
  - Edamame
  - Peanut butter
  - Peanuts
  - Walnuts
  - Cashews
  - Pecans
  - Pistachios
  - Other: \_\_\_\_\_
- 

**Cheese/Dairy**

- Cheddar
  - American
  - Parmesan
  - Swiss
  - Monterey jack
  - Mozzarella
  - Colby
  - Cottage cheese
  - Cream cheese
  - Sour cream
  - Cream cheese
  - Cool whip
  - Yogurt (type) \_\_\_\_\_
  - Ice Cream
  - Sherbert
  - Other: \_\_\_\_\_
- 

**Vegetables**

- Green Beans
- Broccoli
- Cauliflower
- Corn
- Squash
- Cucumber
- Zucchini
- Spinach
- Carrots
- Lettuce



- Brussels sprouts
  - Pepper (Red / Green)
  - Onion
  - Peas
  - Bean (Kidney/ Navy/ Pinto)
  - Asparagus
  - Avocado
  - Mushroom
  - Celery
  - Coleslaw
  - Cabbage
  - Sweet potatoes
  - Tomatoes
  - Asparagus
  - Other: \_\_\_\_\_
- 

### **Fruits**

- Apple
- Apricot
- Banana
- Blueberry
- Cantaloupe
- Cherry
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lemon
- Lime
- Strawberry
- Tangerine
- Applesauce
- Mangoes
- Orange
- Peaches
- Pear
- Papaya
- Pineapple
- Plum
- Pumpkin
- Watermelon



- Raisin
- Raspberry
- Rhubarb
- Dried fruits (type)

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Canned Fruits (type)

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Other: \_\_\_\_\_

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### **Beverages**

Juice (circle all that apply):  
orange, cherry, grape, fruit punch,  
strawberry, strawberry kiwi,  
cranberry, white grape  
other: \_\_\_\_\_

Milk

Flavored milk (type) \_\_\_\_\_

Pop (circle all that apply): cola,  
lemonlime,  
orange, grape, root  
beer, cream soda

Tea (circle all that apply):  
sweetened, unsweetened

Milk shakes

Floats

Drinkable yogurt

Water

Lemonade

Caloric supplements (chocolate,  
vanilla, strawberry, banana cream)

Other Beverages: \_\_\_\_\_

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### **Condiments**

Ketchup

Mayonnaise

Miracle whip

Dijon/spicy mustard

Honey mustard

BBQ sauce

A1 Steak sauce

Chili Sauce

Worcestershire sauce



- Butter/margarine
- Chip dip
- Gravy
- Ranch dressing
- Salsa
- Other: \_\_\_\_\_

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**Mixed Textures**

- Macaroni and Cheese
  - Pizza
  - Noodles with sauce  
(type) \_\_\_\_\_
  - Cheese or lunch meat sandwich
  - Peanut butter & jelly sandwich
  - Tacos
  - Grilled cheese
  - Casseroles
  - Soup (type) \_\_\_\_\_
  - Hamburgers \_\_\_\_\_
  - Fruit and yogurt
  - Cereal with milk
  - Omelette
- Others: \_\_\_\_\_

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**Fast foods:**

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We also analyze favorite and least favorite foods for patterns and similarities.

Please list your child's favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

Please list your child's least favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

What goal foods would you like to see your child eat with the rest of the family?



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Food Check list

- 1.
- 2.
- 3.
- 4.
- 5.

When is your child most successful with eating (time of day, location, or people)?

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Comments:

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