

Table 1

Food Preferences: Client					Date	
Food Allergies						
Food Sensitivities:						
Religious Beliefs that influence food choices:						
Circle your favorites	Salty	Sour	Sweet	Pungent	Spicy	How hot (1-10)
Circle your favorites	Crunchy	Smooth	Wet	Dry		
Your favorite Colors						

Food Preferences: Client					Date	
Favorite Beverages						
Your Comfort Foods						
Your Favorite Snacks						
Favorite Breakfast						
Favorite Lunchs						
Favorite Dinners						

Food Preferences: Client

Date

Favorite Bedtime Snacks						
Foods you DISLIKE						
Foods you HATE						