

(PLEASE CIRCLE ALL FOODS YOU ENJOY EATING ON A REGULAR BASIS)

Grains	Meat	Fruit	Dairy	Veggies
Cold Cereal	Turkey Bacon	Apple	Yogurt	Salad
Oatmeal	Canadian Bacon	Oranges	Cottage Cheese	Asparagus
Grits	Pork Bacon	Peaches	Cheese	Broccoli
Cream of Wheat	Egg	Nectarines	regular	Brussel sprouts
Wheat bread	Egg Beaters	Grapes	2%	Cabbage/Slaw
White bread	Chicken	Berries	Milk	Carrots
Waffles/Pancakes	Pork	Bananas	skim	Cauliflower
Muffins	Fish-Tilapia	Grapefruit	low fat	Celery
Rolls	Fish-Salmon	Pineapple	2%	Corn
Crackers	Shellfish	Apple sauce	whole	Green Beans
Whole Wheat Pasta	Tuna fish	Dried Fruit	soy	Green Peas
White Pasta	Canned Salmon	Canned Fruit	rice	Greens
Brown Rice	Ground Beef-%Fat	Cantaloupe		Kidney Beans
White Rice	70/30	Watermelon		Lentils
Couscous	80/20	Kiwi		Lima Beans
Tortillas	85/15	Pear		Mushrooms
Flatbread	90/10 +	Mango		Okra
Pita bread	Steak	Tangerine		Onions
Bagels	Turkey	Apricot		Pinto Beans
Other:	Ham/Roast Beef			Spinach
_____	Bologna/Salami			Summer Squash
_____	Turkey Sausage			Sweet Potato
_____	Pork Sausage			Tomato
_____	Soy Meat			White Potato
_____	Hot dogs			Winter Squash
				Peas
				Baked Beans
				French Fries

Drinks	Fat Sources	List Favorite Snacks	List Food Allergies
Beer	Margarine	_____	_____
Coffee (regular)	Olives	_____	_____
Coffee (decaf)	Butter	_____	_____
Fruit juice	Oils	_____	_____
Hot Tea	Fat Back	_____	_____
Sweet Tea	Half and Half	_____	_____
Unsweet Tea	Mayo	_____	_____
Liquor	Seeds	_____	_____
Regular Soda	Peanut Butter	_____	_____
Diet Soda	Almonds	_____	_____
Water	Walnuts	_____	_____
Wine	Peanuts	_____	_____
Energy Drinks	Pecans	_____	_____
Sport Drinks	Cashews/Pistachios	_____	_____