

Mealtime Preferences

Client's Name _____ Completed by: Client Client's family
 Assisted by Staff Member _____ Date _____

General Information

- Ethnic/Religious/Cultural/Special Foods preferred _____
- Current Diet Restrictions: Diabetic Low sodium Restricted fluids Gluten-free Food allergies Other
 Explain _____
- What do you need help with when eating? Cutting meat Opening packages Steadying hands Other
 Explain _____
- Do you use special silverware, plates or cups? _____
- Serving style preferred: Plated Family style
- What size of portions do you prefer? Small Average Large
- Are you willing to try new foods? Yes No

Dining Preferences

BREAKFAST

- Do you usually eat breakfast? Yes No If so, what time? _____ Where do you like to eat breakfast? _____
- Preferred breakfast foods _____ What do you like to drink? _____

LUNCH

- Do you usually eat lunch? Yes No If so, what time? _____ Where do you like to eat lunch? _____
- Preferred lunch foods _____ What do you like to drink? _____

DINNER

- Do you usually eat dinner? Yes No If so, what time? _____ Where do you like to eat dinner? _____
- Preferred dinner foods _____ What do you like to drink? _____

SNACKS

- Do you usually eat snacks? Yes No If so, what time(s)? _____
- What are your favorite snacks? _____

Food Preferences: CIRCLE the foods you enjoy, put a ~~LINE~~ through foods you don't care for.

PROTEIN beans (kidney, black) casseroles cheese chicken cottage cheese eggs fish ham hamburger/ beef lunch meat turkey sandwiches wraps yogurt nuts peanut butter pork seafood/shellfish	sausage, bacon tofu	VEGETABLES asparagus avocado bell pepper broccoli Brussels sprouts cabbage carrots cauliflower collard greens corn cucumbers green beans lettuce/salad mushrooms mixed vegetables onions peas potatoes	refried beans spinach squash sweet potatoes tomatoes zucchini	pineapple plums/prunes raisins strawberries watermelon/melon
	GRAINS biscuits cold cereal corn bread couscous crackers cream of wheat donuts French toast grits oatmeal pasta/noodles pancakes rice/brown rice white bread wheat bread		FRUIT apples applesauce apricots bananas berries fruit cocktail grapes mandarin oranges oranges peaches pears	SNACKS/DESSERTS cake cookies fresh fruit and veggies gelatin ice cream nuts/snack mix popcorn potato chips pretzels snack crackers smoothie candy