

PG 1 OF 2

FOOD PREFERENCES

Please place an "x" next to the foods you **LIKE**:

<u>NUTS</u>	<u>MEATS</u>	<u>GRAINS</u>	<u>DAIRY 1</u>	<u>DAIRY 2</u>	<u>DAIRY 3</u>	<u>BEVERAGES</u>
Almonds	Beef	Amaranth	Butter	Blue cheese	Half and Half	Almond milk
Brazil	Buffalo	Barley	Cream	Brie	Low Fat Ice Cream	Beer
Cashews	Chicken (dark)	Brown rice	Cream Cheese	Buttermilk	Ice Milk	Coffee (caffeine)
Chestnuts	Chicken (white)	Basmati rice	Cream Sauces	Camembert	Kefir	Coffee (decaf)
Filberts	Cornish Game Hen	Corn	Egg whites	Cheddar	Low fat milk	Fruit juice
Macadamia	Duck	Kamut	Ice cream	Cheese	Monterey Jack	Light Beer
Peanuts	Emu	Millet	Non fat yogurt	Colby	Mozzarella	Liquor
Pecans	Game Meats	Oats	Nonfat – Cottage Cheese	Cottage Cheese	Muenster	Oat milk
Pine Nuts	Ham	Quinoa	Nonfat milk	Cream	Parmesan	Red wine
Pistachio	Ostrich	Rye	Skim milk	Cream Cheese	Provolone	Rice milk
Poppy Seeds	Pheasant	Spelt	White cheese	Edam	Ricotta	Soda Pop – regular
Pumpkin Seeds	Pork	Triticale	Whole fat milk	Egg yolks	Romano	Soda Pop – diet
Sesame	Rabbit	White Wheat		Eggs	Roquefort	Soy milk
Sunflower	Turkey (dark)	White rice		Feta	Sour Cream	Tea herbal – diet
Tofu	Turkey (white)	Whole Wheat		Goat Cheese	Swiss	Tea herbal – sugared
Walnuts	Venison	Wild rice		Gouda	Yogurt Plain	Tea green – diet
	Deli Meats	Prepared Cereals		Gruyère	Colored Cheese	Tea green - sugared
						Vegetable juice
						Water bottled
						White wine

<u>SEAWEED</u>	<u>SHELLFISH</u>	<u>FISH 1</u>	<u>FISH 2</u>	<u>BEANS 1</u>	<u>BEANS 2</u>	<u>MONO/POLY UNSATURATED FATS</u>
Agar	Clams	Anchovy	Octopus	Edamame	Lima Beans	Almond oil
Dulse	Crab	Bass	Orange Roughly	Azuki	Mung Beans	Black currant oil
Irish Moss	Crawdad	Catfish	Rockfish	Black Beans	Navy Beans	Borage oil
Kelp	Lobster	Caviar	Salmon	Black-eye Beans	Pinto Beans	Canola oil
Nori	Logistinos	Cod	Sardine	Fava Beans	Red Beans	Cashew oil
Sea Weed	Muscles	Eel	Snapper	Garbanzo	Wax Beans	Coconut oil
Wakame	Oysters	Flounder	Squid	Great Northern	White Beans	Cotton seed oil
	Prawns	Grouper	Swordfish	Kidney Beans		Evening primrose
	Scallop	Halibut	Trout	Legumes		Fish oil
	Shrimp	Herring	Tuna	Lentils		Hemp oil
		Mackerel	White Perch			Olive oil
		Mahi Mahi	Whitefish			

<u>VEGGIES 1</u>	<u>VEGGIES 2</u>	<u>LEAFY GREENS</u>	<u>FRUITS 1</u>	<u>FRUITS 2</u>	<u>CONDIMENTS</u>	<u>POLYUNSATURATED OILS/ FATS</u>
Acorn Squash	Kohlrabi	Alfalfa Sprouts	Apples	Lemon	A-1	Canola Oil
Artichoke	Leek	Arugula	Apricot	Lime	Barbeque sauce	Corn
Asparagus	Mushrooms	Bean Sprouts	Banana	Loganberries	Braggs Amino Acid	Flax Seed
Avocado	Okra	Beet Greens	Blackberries	Mango	Bullion cubes	Margarine
Bamboo Shoots	Olive	Bibb	Blueberries	Melon	Chocolate	Palm kernel oil
Beets	Onion	Bok choy	Boysenberries	Nectarines	Honey	Peanut oil
Bell Pepper	Onions Green	Boston	Cantaloupe	Orange	Jam	Safflower
Broccoli	Parsnip	Cabbage	Casaba	Papaya	Jelly	Sesame
Brussels sprouts	Peas	Cabbage Red	Cherries	Peaches	Ketchup	Sunflower
Butternut Squash	Pepper	Cilantro	Citrus	Pears	Maple Syrup	Wheat germ oil
Carrots	Potatoes	Collard Greens	Coconut	Persimmon	Mayonnaise	PROCESSED FOODS
Cauliflower	Pumpkin	Dandelion	Cranberries	Pineapple	Miso	Bread
Celery	Radish	Endive	Currants	Plums	Mustard	Pasta
Corn	Rutabaga	Iceberg	Dates	Pomegranate	Nutritional Yeast	Cereal
Cucumber	Shallot	Kale	Elderberries	Prunes	Pickles	White Flour
Daikon	Squash (yellow)	Lettuce	Figs	Raisin	Sweet Relish	Pastries
Eggplant	Squash Spaghetti	Mustard	Gooseberries	Raspberries	Soy Sauce	Snacks: chips, etc.
Fennel	Sweet Potato	Radicchio	Grape	Rhubarb	Sugar	ADDITIVES
Garlic	Tomato	Romaine	Grapfruit	Strawberries	Tamari	Coloring
Ginger Root	Turnips	Spinach	Guava	Tangerines	Worcester	Fortified
Green Beans	Water Chestnuts	Swiss Chard	Honeydew melon	Tropical fruits	Animal fats	MSG
Hot Pepper	White Potatoes	Turnip Greens	Kiwi fruit	Watermelon	Butter	Sulfates
Jerusalem Artichoke	Yams	Watercress	Kumquat	Dried Fruits	Cream	Artificial Sweetener (specify)
Jicama	Zucchini					Artificial Sweetener (specify)

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