

## Breads, Cereals and Grain Products

Description	Will Eat	Don't/Won't Eat	Willing to Try
Whole grain breads (whole wheat, rye, 7-grain, etc)			
White breads (French, buns, rolls, etc)			
English Muffin, bagel, pita bread			
Flour tortillas (6-inch)			
Whole grain crackers (Wheat Thins, Triscuits, etc)			
Other crackers (Saltines, Ritz, etc)			
Corn Tortilla (6-inch)			
Muffins (berry, bran, corn, etc)			
Pancakes, waffles			
Oatmeal, regular			
Instant oatmeal, grits, cream of wheat			
Sugary cold cereals (frosted flakes, apple jacks, fruit loops, etc)			
Whole grain cold cereals (shredded wheat, Kashi, raisin bran, bran flakes, etc)			
Rice (brown or white)			
Pasta (whole wheat or white)			
Other whole grains (quinoa, millet, barley, etc)			

## Fruits and Juices

Description	Will Eat	Don't/Won't Eat	Willing to Try
Apple or applesauce			
Banana			
Oranges, clementines or grapefruit			
Peach, nectarine			
Berries (Strawberries, Blueberries, raspberries)			
Cantaloupe			
Other melon (watermelon, honeydew)			
Pineapple			
Dried Fruits (raisins, dates, prunes, apricot, etc)			
Canned Fruit			
Orange or Grapefruit Juice			
Other juice (apple, grape, cranberry)			
Fruit Drinks (lemonade, punch, Koolaid)			
Tomato or Vegetable Juice			

## Fats and Oils

Description	Will Eat	Don't/Won't Eat	Willing to Try
Vegetable Oils (corn, safflower, etc)			
Olive Oil			

Canola Oil			
Peanut Oil			
Shortening			
Margarine			
Butter			
Mayonnaise			
Creamy Salad Dressing (Ranch, Blue Cheese, etc)			
Vinaigrette Salad Dressing			
Light or reduced fat Salad dressing			

### **Milk, Yogurt, and Cheeses**

<b>Description</b>	<b>Will Eat</b>	<b>Don't/Won't Eat</b>	<b>Willing to Try</b>
Whole Milk			
2% milk			
1% milk or nonfat (Skim) milk			
Chocolate milk			
Half and Half, cream			
Fruited yogurt (light or regular)			
Plain yogurt			
Hard Cheese: Cheddar, Colby, Monterey Jack, Swiss, etc.			
Soft Cheese: goat, feta, ricotta, brie, etc.			
Other Cheese: American, cream cheese, string, etc.			
Cottage Cheese			

### **Vegetables**

<b>Description</b>	<b>Will Eat</b>	<b>Don't/Won't Eat</b>	<b>Willing to Try</b>
Lettuce: Romaine, mixed greens, iceberg, etc.			
Dark leafy greens: Spinach, kale, Swiss chard, etc.			
Carrots, raw or cooked			
Tomatoes (fresh or canned)			
Starchy vegetables: corn, peas			
Green beans, beets, zucchini, yellow squash			
Cauliflower, broccoli, Brussels sprouts, cabbage			
Asparagus			
Winter squash: Acorn, butternut, etc.			
White potato, baked, boiled or mashed			
Sweet potato or yams			
Avocado			
Olives			

### **Beverages**

<b>Description</b>	<b>Will Eat</b>	<b>Don't/Won't</b>	<b>Willing to</b>
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		<b>Eat</b>	<b>Try</b>
Cola Drinks (Coke, Pepsi, etc.)			
Diet Cola Drinks			
Non-Cola Drinks (7-Up, Sprite, Slice, etc.)			
Diet non-Cola Drinks (7-Up, Sprite, Slice, etc.)			
Coffee or espresso			
Decaf coffee or espresso			
Tea			
Hot chocolate or cocoa			
Beer			
Wine			
Liquor: vodka, whiskey, gin, rum, etc.			
Mixed Drinks: Run & Coke, Margarita, Martini, etc.			

### **Protein Foods**

<b>Description</b>	<b>Will Eat</b>	<b>Don't/Won't Eat</b>	<b>Willing to Try</b>
Legumes: Lentils, black beans, navy beans, chick peas, etc.			
Nuts and Seeds (peanuts, almonds, cashews, walnuts, sunflower seeds, etc.)			
Peanut butter, nut butters			
Tofu or other meat substitutes (Boca burger, Garden burger, etc.)			
Beef: steak, sirloin, pot roast, veal, etc.			
Beef: ground, cooked			
Pork: chops, roast, ham			
Lamb: chops, roast			
Poultry: chicken, turkey, duck			
Tuna fish (canned in water)			
Fresh/Frozen Fish: Salmon, tilapia, halibut, etc.			
Lunch meats: Turkey, ham, bologna, salami, etc.			
Eggs or Egg substitutes			
Hot Dogs or Sausage links			
Hummus dip			

### **Desserts and Sweets**

<b>Description</b>	<b>Will Eat</b>	<b>Don't/Won't Eat</b>	<b>Willing to Try</b>
Cookies: chocolate chip, oatmeal, Girl Scout, etc.			
Doughnuts, scones, sweet muffins			
Cake, frosted			
Granola Bars (Nutrigrain, Quaker, Special K, etc.)			

