

Name

## Five Food Groups

In the first column, check all the foods you *like* to eat based on taste, texture, preparation, etc. In the second column, check all the foods you *typically* eat on a regular basis (i.e. daily, weekly). Make sure to bring this form to your appointment or email to your nutrition coach at the start of your virtual appointment.

### Grains

Bagel  
Barley  
Biscuit  
Bread  
Bulgur  
Cereal  
Cornbread  
Couscous  
Crackers  
English muffin  
Granola bar  
Grits  
Muesli  
Muffin  
Oatmeal  
Pancakes  
Pasta  
Pita  
Popcorn  
Pretzels  
Quinoa  
Rice  
Tortilla  
Other

### Vegetables

Alfalfa sprouts  
Artichokes  
Asparagus  
Beets  
Bell peppers

Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumber  
Eggplant  
Green beans  
Greens  
Lettuce  
Mushrooms  
Olives  
Okra  
Onions  
Peas  
Potatoes  
Radish  
Squash  
Spinach  
Sweet potato  
Tomatoes  
Turnips  
Water chestnuts  
Zucchini  
Vegetable juice  
Other

### Fruits

Apples  
Apricots

Avocados  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Clementines  
Cranberries  
Dates  
Figs  
Grapefruit  
Grapes  
Honeydew  
Kiwi  
Mangoes  
Nectarines  
Oranges  
Papaya  
Peaches  
Pears  
Pineapple  
Plantains  
Plums  
Pomegranates  
Prunes  
Raisins  
Raspberries  
Strawberries  
Tangerines  
Watermelon  
Fruit juice  
Other

### Protein

Beans, chickpeas, lentils  
Beef  
Chicken  
Eggs  
Fish  
Ham  
Lamb  
Meat alternatives  
Nuts  
Nut butter  
Pork  
Protein bars/shakes  
Protein powder  
Seeds  
Shellfish  
Tofu  
Tuna  
Turkey  
Other

### Dairy

Calcium-fortified OJ  
Cheese  
Cottage cheese  
Kefir  
Milk %  
Milk alternative  
Soy milk  
String cheese  
Yogurt  
Other