

Mealtime Preferences Profile

Client's name _____ Completed by: ☐ Client ☐ Client's family
Assisted by staff member _____ Date _____

General Information

1. Ethnic/religious/cultural foods preferred: _____
2. Current diet recommendations: ☐ Diabetic ☐ Lower sodium ☐ Heart healthy ☐ Restricted fluids
☐ Modified textures ☐ Gluten-free ☐ Food allergies ☐ Other
Explain: _____
3. What do you need help with when eating? ☐ None ☐ Cutting food ☐ Opening packages ☐ Steadying hands
☐ Gripping utensils ☐ Other Explain: _____
4. Are you concerned about choking? ☐ Yes ☐ No
5. Do you wear dentures? ☐ Yes ☐ No
6. Do you use special silverware, plates or cups? ☐ Yes ☐ No Explain: _____
7. What size of portions do you prefer? ☐ Small ☐ Average ☐ Large
8. Are you willing to try new foods or recipes? ☐ Yes ☐ No

Dining Preferences

9. Dining style preferred: ☐ plated (*food placed on plate*) ☐ family style (*food passed at table*)
10. Where do you like to eat meals? ☐ kitchen ☐ dining room ☐ TV/living room ☐ other _____
11. Are disposable dishes/cups/silverware acceptable? ☐ Yes ☐ No

BREAKFAST

12. Do you usually eat breakfast? ☐ Yes ☐ No If yes, what time? _____
13. Preferred breakfast foods: _____ What do you like to drink? _____

LUNCH

14. Do you usually eat lunch? ☐ Yes ☐ No If yes, what time? _____
15. Preferred lunch foods: _____ What do you like to drink? _____

DINNER/SUPPER

16. Do you usually eat dinner? ☐ Yes ☐ No If yes, what time? _____
17. Preferred dinner foods: _____ What do you like to drink? _____

SNACKS

18. Do you usually eat snacks? ☐ Yes ☐ No If yes, what time(s)? _____
19. What are your favorite snacks? _____

Food Preferences: CHECK the foods you enjoy, ~~CROSS OUT~~ the foods you do not care for or should not eat.
WRITE IN foods not on the list.

VEGETABLES	FRUIT	GRAINS (cont.)	PROTEIN	SNACKS/DESSERTS
<input type="checkbox"/> asparagus <input type="checkbox"/> avocado <input type="checkbox"/> bell pepper <input type="checkbox"/> broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> cabbage <input type="checkbox"/> carrots <input type="checkbox"/> cauliflower <input type="checkbox"/> greens (collards) <input type="checkbox"/> corn <input type="checkbox"/> cucumbers <input type="checkbox"/> green beans <input type="checkbox"/> lettuce/salad <input type="checkbox"/> mushrooms <input type="checkbox"/> mixed vegetables <input type="checkbox"/> onions <input type="checkbox"/> peas <input type="checkbox"/> potatoes <input type="checkbox"/> refried beans <input type="checkbox"/> spinach/kale <input type="checkbox"/> sweet potatoes <input type="checkbox"/> tomatoes <input type="checkbox"/> zucchini <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> apples <input type="checkbox"/> applesauce <input type="checkbox"/> bananas <input type="checkbox"/> blueberries <input type="checkbox"/> cherries <input type="checkbox"/> fruit cocktail <input type="checkbox"/> grapes <input type="checkbox"/> mandarin oranges <input type="checkbox"/> melon <input type="checkbox"/> oranges <input type="checkbox"/> peaches <input type="checkbox"/> pears <input type="checkbox"/> pineapple <input type="checkbox"/> plums / prunes <input type="checkbox"/> raisins <input type="checkbox"/> raspberries <input type="checkbox"/> strawberries <input type="checkbox"/> watermelon <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> GRAINS <input type="checkbox"/> biscuits <input type="checkbox"/> cold cereals <input type="checkbox"/> corn bread <input type="checkbox"/> crackers	<input type="checkbox"/> hot cereals <input type="checkbox"/> donuts/pastries <input type="checkbox"/> French toast <input type="checkbox"/> grits <input type="checkbox"/> oatmeal <input type="checkbox"/> pasta/noodles <input type="checkbox"/> pancakes <input type="checkbox"/> rice/brown rice <input type="checkbox"/> white bread <input type="checkbox"/> wheat bread <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> BEVERAGES <input type="checkbox"/> coffee (reg/decaf) <input type="checkbox"/> fruit/veg. juice <input type="checkbox"/> juice drinks <input type="checkbox"/> milk <input type="checkbox"/> milk alternatives (soy, almond, rice) <input type="checkbox"/> lactose-free milk <input type="checkbox"/> soda (reg/diet) <input type="checkbox"/> tea - hot <input type="checkbox"/> tea - iced <input type="checkbox"/> water <input type="checkbox"/>	<input type="checkbox"/> beef / hamburger <input type="checkbox"/> beans (kidney, black, pinto) <input type="checkbox"/> casseroles <input type="checkbox"/> cheese <input type="checkbox"/> chicken <input type="checkbox"/> cottage cheese <input type="checkbox"/> eggs <input type="checkbox"/> fish <input type="checkbox"/> frozen meals <input type="checkbox"/> ham <input type="checkbox"/> lunch meat <input type="checkbox"/> nuts <input type="checkbox"/> peanut butter <input type="checkbox"/> pork <input type="checkbox"/> sausage / bacon <input type="checkbox"/> seafood / shellfish <input type="checkbox"/> soups / stews <input type="checkbox"/> turkey <input type="checkbox"/> tofu <input type="checkbox"/> vegetable proteins <input type="checkbox"/> wraps <input type="checkbox"/> yogurt <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> candy <input type="checkbox"/> chocolates <input type="checkbox"/> cake / coffeecake <input type="checkbox"/> cookies <input type="checkbox"/> dried fruit <input type="checkbox"/> fresh fruit/veggies <input type="checkbox"/> gelatin <input type="checkbox"/> ice cream <input type="checkbox"/> nuts <input type="checkbox"/> popcorn <input type="checkbox"/> potato chips <input type="checkbox"/> pretzels <input type="checkbox"/> smoothie <input type="checkbox"/> snack mix <input type="checkbox"/> snack crackers <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Special considerations or additional information: