

Preferred Foods

(the 'Always, Sometimes, Never' Sheet)

We all have foods that we prefer to eat a lot, only sometimes, or foods that we refuse to eat altogether. For children who are very restricted with what they eat, it is useful to chart which foods they eat almost always (Always Foods – foods that are eaten almost 100% of the time when they are offered), foods that are sometimes eaten and sometimes refused (Sometimes Foods – eaten about 50% of the time they are offered and perhaps with no reason), and foods that are always refused to be eaten (Never Foods). Please fill out this sheet for your child.

	Meat/Protein (including eggs)	Vegetables	Fruit	Milk/Dairy (including dairy alternatives)	Carbohydrates (including bread, cereals, rice, pasta)
Always					
Sometimes					
Never					