



Food Survey

What kind of foods do you eat during the week? How much?
This worksheet can help you figure this out.

Food	Times per Week
2%, 1%, or fat free milk	
Apple	
Applesauce	
Bacon	
Banana	
Black or red beans	
Blueberries	
Bologna or other lunch meat	
Breakfast bar	
Brushing my teeth	
Broccoli	
Brown rice	
Cake	
Canned fruit in syrup	
Carrots	
Chicken	
Chocolate candy	
Cookies	
Corn	
Corn chips	
Crackers	
Crystal Light	
Diet soda	
Doughnuts	
Eggs	
Fiber cereal (like Raisin Bran)	
Fish or fish sticks	
French fries	
Fried chicken	
Fruit juice	
Fruit roll-ups	
Granola bar	
Grapes	
Green beans or peas	
Hamburger/cheeseburger	
Hash browns	
Hawaiian Punch	
Hot Dog	
Iced Tea	

Food	Times per Week
Kool-Aid	
Macaroni and cheese	
Melon	
Orange	
Other candies	
Brushing my teeth	
Pancakes	
Pasta w/tomato sauce	
Peach	
Peanut butter sandwich	
Pear	
Pie	
Pizza	
Plain cereal	
Pop-Tarts	
Pork chops or Ham	
Potato Chips	
Potatoes	
Roast Beef or Steak	
Salad	
Sausage	
Snapple	
Soda	
Soup	
Spinach, kale, or collards	
Strawberries	
Sweetened cereal (like Frosted Flakes)	
Sweet Potatoes	
Tacos, burritos, or enchiladas	
Tangerine	
Tomatoes	
Tortilla Chips	
Waffles	
Water	
White Bread	
White rice	
Whole Milk	
Whole Wheat Bread	
Yams	