

**Mary Jane Detroyer & Associates**  
**Registered Dietitians and Exercise Physiologists**  
 357 East 57<sup>th</sup> Street #14B, New York, NY 10022  
 Tel. 212-759-7110 Fax. 212-759-7113  
 Email: mjdetroyer@usa.net or meredithliss@aol.com

Food Frequency Checklist Name \_\_\_\_\_ Date \_\_\_\_\_

Check how often you eat the following foods:	Portion size*	2 or more times a day	Every day	2-5 times a week	Once a week	Seldom or never
<b>Dairy Protein:</b>						
Whole Milk						
Non-fat Milk (skim)						
1% Milk						
2% Milk						
Lactose-Reduced Milk						
Soy Milk <input type="checkbox"/> plain <input type="checkbox"/> flavored						
Yogurt <input type="checkbox"/> Reg. <input type="checkbox"/> Diet						
Cottage Cheese						
Ricotta Cheese						
Processed Cheese (American)						
Mozzarella Cheese						
Swiss, cheddar, etc.						
Low-fat cheese						
<b>Meat/Vegetarian Protein:</b>						
Beef (steak, roast)						
Hamburger						
Veal						
Lamb						
Pork (chop, loin, etc.)						
Bacon						
Ham						
Lunchmeat (bologna, salami, etc.)						
Bacon (slices)						
Chicken/turkey <input type="checkbox"/> with skin						
<input type="checkbox"/> broiled/grilled <input type="checkbox"/> fried						
<input type="checkbox"/> nuggets						
Fish: Broiled or Grilled						
Fish: Fried or fish sticks						
Lobster, Crab, Shrimp, Scallops						
Canned Tuna or Salmon						
Vegetable Burgers (number)						
Tofu (cups or oz)						
Beans (cups or oz)						
Eggs <input type="checkbox"/> scrambled /fried/omelet						
<input type="checkbox"/> hard/soft boiled <input type="checkbox"/> salad/mayo						
Egg whites/egg substitutes						
Peanut Butter (tsp/tbsp)						

\* Approximate portion size (1/4 cup, 1/2 cup, number of cups, tsp., tbsp., oz., slices, etc.) 1 cup = 8 oz

Name \_\_\_\_\_ Date \_\_\_\_\_

Use blank lines to fill in other foods you eat.

Check how often you eat the following foods:	Portion size*	2 or more times a day	Every day	2-5 times a week	Once a week	Seldom or never
<b>Grains:</b>						
Bagel						
Bread (whole wheat, rye)						
Bread (white)						
Bread Sticks						
Biscuits						
Cornbread						
Croissants						
English Muffins						
Pita						
Tortillas						
Crackers						
French Toast						
Pancakes						
Waffles						
Muffins (corn, bran)						
Pasta (spaghetti, macaroni, etc.)						
Rice <input type="checkbox"/> white <input type="checkbox"/> brown						
Kasha (buckwheat groats)						
<b>Cereal:</b>						
Oatmeal						
Oat Bran						
Cream of Wheat						
Whole Grain Cereal						
Granola						
Sugar Sweetened Cereals						
<b>Starchy Vegetables:</b>						
Corn						
Green Peas						
Potatoes						
Mixed Veg (corn, peas, carrots)						
Sweet Potatoes or Yams						

\* Approximate portion size (1/4 cup, 1/2 cup, number of cups, tsp., tbsp., oz., slices, etc.) 1 cup = 8 oz. 2



Name \_\_\_\_\_ Date \_\_\_\_\_

Use blank lines to fill in other foods you eat.

Check how often you eat the following foods:	Portion size*	2 or more times a day	Every day	2-5 times a week	Once a week	Seldom or never
<b>Fats and Oils</b>						
Butter						
Margarine						
Olive Oil						
Canola Oil						
Other Vegetable Oil						
Mayonnaise						
Reduced Fat Mayonnaise						
Salad Dressing						
Low-Fat Salad Dressing						
Olives						
Sour Cream						
Cream						
Whipped Cream						
Avocado/guacamole						
Half and half						
Non-dairy creamer						
Cream cheese [ ] low-fat or nonfat						
<b>Other foods:</b>						
Cool Whip						
Low fat Cool Whip						
Sugar						
Jelly/Jam/Preserves						
Syrup [ ] sugarfree						
Artificial sweeteners						
<b>Soups (kinds)</b>						
<b>Desserts:</b>						
Cakes/pies						
Cookies						
Doughnuts/pastries						
Ice Cream [ ] light						
Frozen Yogurt						
Sherbet, sorbet						
Chocolate candy						
Other candy:						
Other desserts:						

\* Approximate portion size (1/4 cup, 1/2 cup, number of cups, tsp., tbsp., oz., slices, etc.) 1 cup = 8 oz.

