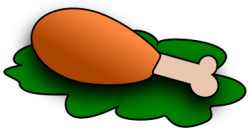
Food Preferences

Tracking Period: _____ *Tracking for:* _____

FOOD

	Mushy	Sweet	Salty	Crunchy	Chewy	Cold	Hot	Soft	Hard	Spicy	Sour	Fruit	Grains	Dairy	Proteins	Veg's/Legumes