

Check off all foods that you currently eat

Fruits

Avocado	<input type="checkbox"/>
Apricots	<input type="checkbox"/>
Bananas	<input type="checkbox"/>
Blackberries	<input type="checkbox"/>
Cherries	<input type="checkbox"/>
Craisins	<input type="checkbox"/>
Grapes	<input type="checkbox"/>
Grapefruit	<input type="checkbox"/>
Figs	<input type="checkbox"/>
Lemons	<input type="checkbox"/>
Limes	<input type="checkbox"/>
Melon	<input type="checkbox"/>
Oranges	<input type="checkbox"/>
Papaya	<input type="checkbox"/>
Peaches	<input type="checkbox"/>
Pears	<input type="checkbox"/>
Prunes	<input type="checkbox"/>
Raisins	<input type="checkbox"/>
Strawberries	<input type="checkbox"/>

Dairy

Almond Milk	<input type="checkbox"/>
Rice Milk	<input type="checkbox"/>
Lactaid	<input type="checkbox"/>
Whole Milk	<input type="checkbox"/>
Real Butter	<input type="checkbox"/>
Cheese-cheddar	<input type="checkbox"/>
Cheese-cottage	<input type="checkbox"/>
Cheese-muenster	<input type="checkbox"/>
Cheese-swiss	<input type="checkbox"/>
Yogurt	<input type="checkbox"/>
Ice Cream	<input type="checkbox"/>

Oils

Coconut (unref)	<input type="checkbox"/>
Olive Oil/EVOO	<input type="checkbox"/>
Grapefruit Seed	<input type="checkbox"/>
Grapeseed	<input type="checkbox"/>

Seeds & Nuts

Sesame Seeds	<input type="checkbox"/>
Pumpkin Seeds	<input type="checkbox"/>
Sunflower Seeds	<input type="checkbox"/>
Almonds/butter	<input type="checkbox"/>
Beechnuts	<input type="checkbox"/>
Brazil Nuts	<input type="checkbox"/>
Butternuts	<input type="checkbox"/>
Cashews	<input type="checkbox"/>
Chestnuts	<input type="checkbox"/>
Coconut (fresh)	<input type="checkbox"/>
Filberts	<input type="checkbox"/>
Hazelnuts	<input type="checkbox"/>
Hickory Nuts	<input type="checkbox"/>
Macadamias	<input type="checkbox"/>
Mixed Nuts	<input type="checkbox"/>
Peanuts	<input type="checkbox"/>
Peanut Butter	<input type="checkbox"/>
Pecans	<input type="checkbox"/>
Pine Nuts	<input type="checkbox"/>
Pistachios	<input type="checkbox"/>
Walnuts	<input type="checkbox"/>

Protein Bars

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Desserts

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Drinks

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Beans

Adzuki	<input type="checkbox"/>
Black	<input type="checkbox"/>
Black-Eyed Peas	<input type="checkbox"/>
Falafel	<input type="checkbox"/>
Kidney	<input type="checkbox"/>
Lentils	<input type="checkbox"/>
Limas	<input type="checkbox"/>
Garbanzos	<input type="checkbox"/>
Navy	<input type="checkbox"/>
Pintos	<input type="checkbox"/>
Red Beans	<input type="checkbox"/>
Soybeans	<input type="checkbox"/>
White Beans	<input type="checkbox"/>
Broadbeans	<input type="checkbox"/>
Split Peas	<input type="checkbox"/>
Sprouts	<input type="checkbox"/>

Vegetables

Artichoke	<input type="checkbox"/>
Asparagus	<input type="checkbox"/>
Bamboo Shoots	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Brussel Sprouts	<input type="checkbox"/>
Cabbage-red	<input type="checkbox"/>
Cabbage-savoy	<input type="checkbox"/>
Cabbage-chinese	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>
Celery	<input type="checkbox"/>
Swiss Chard	<input type="checkbox"/>
Collards	<input type="checkbox"/>
Cucumbers	<input type="checkbox"/>
Corn, sweet	<input type="checkbox"/>
Dandelion	<input type="checkbox"/>
Fennel	<input type="checkbox"/>
Garlic Clove	<input type="checkbox"/>
Green Beans	<input type="checkbox"/>

Vegetables (cont.)

Green Peas	<input type="checkbox"/>
Greens, Beet / Mustard	<input type="checkbox"/>
Kale	<input type="checkbox"/>
Kohlrabi	<input type="checkbox"/>
Leeks	<input type="checkbox"/>
Lettuce	<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>
Okra	<input type="checkbox"/>
Onions	<input type="checkbox"/>
Parsley	<input type="checkbox"/>
Peppers-green	<input type="checkbox"/>
Peppers-hot red	<input type="checkbox"/>
Potatoes	<input type="checkbox"/>
Sea Vegetables	<input type="checkbox"/>
Spinach	<input type="checkbox"/>
Watercress	<input type="checkbox"/>
Zucchini	<input type="checkbox"/>

Grains/Carbs

All Purpose Flour (GF)	<input type="checkbox"/>
Amaranth (GF)	<input type="checkbox"/>
Barley	<input type="checkbox"/>
Buckwheat	<input type="checkbox"/>
Coconut Flour	<input type="checkbox"/>
Couscous	<input type="checkbox"/>
Millet	<input type="checkbox"/>
Oats - Rolled (GF)	<input type="checkbox"/>
Oats - Steel Cut (GF)	<input type="checkbox"/>
Popcorn	<input type="checkbox"/>
Potato Flour	<input type="checkbox"/>
Potato Starch	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>

Global Nutrition

Check off all foods that you currently eat

Grains/Carbs (cont.):

- Rice, Basmati
- Brown Rice
- Rice - sweet
- Rice - white
- Rice - wild
- Rye
- Sorghum
- Soy
- Spelt
- Sprouted Grain Flour
- Tapioca
- Teff
- Triticale
- Wheat
- Wheat Germ
- Bread (white/wheat)**
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-
- Pasta**
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Meats:

- Bison
- Caribou
- Cattle (red meat)
- Deer
- Pig
- Sheep
- Lamb
- Llama
- Moose
- Rabbit
- Veal
- Wild Boar
- Wild Goat

Poultry:

- Poultry
- Chicken
- Cornish Hen
- Dove
- Duck
- Emu
- Goose
- Grouse
- Guinea Fowl
- Ostrich
- Partridge
- Pheasant
- Pigeon
- Quail
- Turkey

Shellfish:

- Abalone
- Clam
- Conch
- Crab
- Crayfish
- Cuttlefish
- Lobster
- Loc
- Mussel
- Octopus
- Prawn
- Oyster
- Scallop
- Shrimp
- Snail (escargot)

Eggs:

- Chicken Eggs
- Duck Eggs
- Goose Eggs
- Hen Eggs
- Quail Eggs

Seafood:

- Bass
- Catfish
- Carp
- Cod
- Eel
- Flounder
- Grouper
- Haddock
- Halibut
- Herring
- Kingfish
- Mackerel
- Mahi Mahi
- Marlin
- Orange Roughy
- Perch
- Pike
- Pollock
- Salmon
- Sardine
- Snapper
- Sole
- Swordfish
- Tilapia
- Trout
- Tuna
- Walleye
- Canned Fish:**
- Anchovies
- Clams
- Tuna
- Sardines
- Soy:**
- Tofu
- White Beans
- Bean Burgers
- Veggie Burgers
- Tempeh