Mealtime preferences profile

This patient profile can be completed during intake to learn more about a patient's mealtime preferences and help them make balanced food choices. This tool was provided by Beth Scholer, CEO of Caregivers Kitchen, based in Muncie, Ind. CMS is focused on patient nutrition and well-being as it looks toward future quality measures.

Client's name completed by:						☐ Client		☐ Client'	☐ Client's family	
Assisted by staff member						□ Date _				
G	eneral Information									
1.	Ethnic/religious/cultural f	oods preferences	;							
2.		dations: Diab Modified textu Explain:	res	☐ Glute			☐ Heart		☐ Restricted fluids	
3.	,	with when eating? Gripping utensils			ng food	·	ing packa	ges	☐ Steadying hands	
4.	Are you concerned abou	ut choking?		□ Yes	□ No					
5.	Do you wear dentures?			□ Yes	□ No					
6.	Do you use special silver	rware, plates or c	ups?	☐ Yes	□ No	Explain:				
7.	What size of portions do	you prefer?		☐ Small	I □ Avera	ge 🗆 Larg	ge			
8.	Are you willing to try new	v foods or recipes	?	☐ Yes	□ No					
Dir	ning Preferences									
9.	Dining style preferred	rred		food plac	ood placed on plate)		☐ Family style (food passed at table)			
10.	Where do you like to eat r	meals?	☐ Kitcher	1	☐ Dining	room	□ TV/Livi	ng room	□ Other	
11.	Are disposable dishes/cu	ps/silverware acc	eptable?		□ Yes		□ No			
Bro	eakfast									
12.	Do you usually eat breakfa	ast?	☐ Yes		□ No			If yes, what time _		
13.	Preferred breakfast foods	:			_ What de	o you like	to drink?			
Lu	nch									
14.	Do you usually eat lunch?		☐ Yes		□ No			If yes, what time _		
15.	Preferred lunch foods:				What do you like to drink?					
Dir	nner/Supper									
16.	Do you usually eat dinner	?	□ Yes		□ No			If yes, what time? _		
17.	Preferred dinner foods? _				What d	o you like	to drink?			
Sn	acks									
18.	Do you usually eat snacks	s?	□ Yes		□ No			If yes, what time?		
19.	What are your favorite sna	acks?								

Food preferences

CHECK the foods you enjoy, CROSS OUT the foods you do not care for or should not eat. WRITE IN food not on the list.

asparagus	SNACKS/DESSERT	
bell pepper		
broccoli		
bivosel spouts cherries catmeal cheese dried fruit / vec / carrots grapes pasta/noodles cottage cheese gelatin / vec / carrots grapes pasta/noodles cottage cheese gelatin / vec / carrots grapes pasta/noodles cottage cheese gelatin / vec		
cabbage		
carrots grapes pasta/noodles cottage cheese gelatin carrots grapes rice/brown rice eggs ice cream corn melon wheat bread fish nuts popcorn popcorn pasta/noodles frozen meals popcorn popcorn pasta/noodles popcorn popcorn popcorn pasta/noodles popcorn		
□ cauliflower □ mandarin oranges □ rice/brown rice □ eggs □ ice cream □ corn □ melon □ wheat bread □ fish □ nuts □ cucumbers □ oranges □ white bread □ frozen meals □ popcorn □ green beans □ peaches □ lunch meat □ pretzels □ greens (collards) □ pears □ lunch meat □ pretzels □ lettuce/salad □ pineapple □ nuts □ smoothies □ mixed vegetables □ plums/prunes BEVERAGES □ peanut butter □ snack mix □ mixed vegetables □ plums/prunes BEVERAGES □ pork □ □ snack mix □ mushrooms □ rasisins □ coffee (reg/decaf) □ pork □ □ □ onions □ raspberries □ fruit/veb, juice □ sausage/bacon □ □ □ peas □ strawberries □ juice drinks □ seafood/shellfish □ □ □ potatoes □ watermelon □ lactose-free milk □ soups/stews □ □ □ protatoes □ milk alternatives □ turkey □ □ wegetable proteins □ <td>ggies</td>	ggies	
Corn melon fish nuts cucumbers oranges popcorn green beans peaches ham potato chips greens (collards) pears lunch meat pretzels lettuce/salad pineapple nuts smoothies mixed vegetables plums/prunes BEVERAGES peanut butter snack mix mushrooms raisins coffee (reg/decaf) pork notions sausage/bacon notions peas strawberries juice drinks seafood/shellfish notions seafood/shellfish notions potatoes watermelon lactose-free milk soups/stews notion sweet potatoes milk alternatives turkey turkey notion tomatoes milk alternatives vegetable proteins milk soda (reg/diet) wraps notions cold cereals milk yogurt notions		
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□ cold cereals □ water □ □		
- Cold cereals		
□ corn bread □ □		

Special considerations or additional information:					