

The Food-Chaining Intake Form

Check off foods your child currently eats. If your child previously accepted a food item but no longer eats the food, please circle that item. This will help your feeding team identify patterns in accepted and rejected foods. They may reintroduce a food that your child has successfully eaten in the past. Feel free to write in specific brand names of food items to help with the analysis. Use this form again later in treatment to reevaluate the amounts and types of food your child accepts.

Texture Preferences

- Crunchy
- Crisp
- Smooth
- Lumpy
- Uniform lumpy (i.e., cottage cheese)
- Hard
- Chewy
- Mixed consistencies

Taste Preferences

- Salty
- Sweet
- Spicy
- Tart
- Flavored
- Bland

Temperature Preferences

- Hot
- Warm
- Cold
- Cool

Appetite

Best time of day to eat _____

Overall description of appetite

- Poor
- Fair
- Good
- Varies from day to day

Selective Eating Age of Onset: _____

Current # Accepted Foods: _____

Current # Accepted Liquid(s): _____

Breads

- Crackers
- Chips
- Pretzels
- Snack mix
- Bugles
- Cheese puffs
- Tostitos/taco chips
- Taco shells (hard)
- Flour tortillas
- Rolls
- Pizza crusts
- Hamburger or hot dog buns
- Bread (white, wheat, rye, potato, rice, gluten-free, pumpernickel, bagels, French bread)
- Plain bread sticks
- Garlic bread sticks
- Texas toast/garlic bread
- Hot rolls, baked bread, crescent rolls, croissants
- Biscuits
- Doughnuts, sweet rolls, cinnamon rolls, caramel rolls
- Banana bread, pumpkin bread, apple bread, muffins
- Corn bread
- Cupcakes
- Cake, pies, pastries
- Cheesecake
- Cookies
- Other: _____

Meats

- Baked chicken
- Fried chicken
- Chicken strips
- Chicken nuggets
- Turkey
- Poultry
- Fish (fried)
- Fish (baked or broiled)
- Tuna
- Salmon
- Beef (steak, roast, deli-style)
- Roast
- Ribs
- Deer
- Hamburger
- Steak
- Ham
- Veal
- Pork
- Sausage
- Bacon
- Chicken or ham salad
- Tuna salad
- Meatballs
- Hot dogs
- Corn dogs
- Bologna
- Lunch meat
- Lil' smokies
- Baby food meat sticks
- Baby food meats (what types? _____)

Nuts

- Peanut butter. Specific brands? _____

-
- Peanuts
 - Walnuts
 - Cashews
 - Pecans

Potato Products

- French fries
- Tater tots
- Tater rounds
- Hash browns
- Fried potatoes
- Baked potatoes
- Potato chips
- Potato wedges
- Shoestring potato sticks
- Mashed potatoes
- Mashed potatoes with butter
- Mashed potatoes with gravy
- Scalloped/au gratin potatoes
- Baked sweet potatoes
- Candied sweet potatoes
- Sweet potato chips
- Sweet potato fries
- Vegetable chips
- Other: _____

Condiments

- Ketchup
 - Mayonnaise
 - Miracle Whip
 - Mustard
 - Dijon or spicy mustard
 - Honey mustard
 - BBQ sauce
 - A1 Steak Sauce
 - Chili sauce
 - Worcestershire sauce
 - Ranch dressing
 - Other salad dressings: _____
-
- Butter or margarine
 - Chip dip
 - Gravy
 - Other: _____
-

Breakfast Foods

- Oatmeal
- Cream of Wheat
- Pop-Tarts (frosted or plain)
- Dry cereals
- Pancakes
 - with fruit
 - with syrup
- Waffles (homemade)
- Waffles (frozen)
- French toast

- Eggs
 - scrambled
 - omelet
 - fried
 - boiled
 - poached
 - with cheese, vegetables, salsa, chopped meats, etc.
- Toast
 - with cinnamon and butter
 - with jelly
 - with apple butter
 - with peanut butter
 - with honey (after age two)
- Breakfast shakes
- Yogurt
- Go-Gurt (what types? _____)
- Fresh fruit
- Grits

Vegetables

- Green beans
- Broccoli
- Cauliflower
- Corn
- Squash
- Cucumber
- Zucchini
- Spinach
- Carrots
- Lettuce
- Coleslaw
- Cabbage

- Sweet potatoes
- Tomatoes
- Asparagus
- Brussels sprouts
- Green pepper
- Onion
- Peas
- Salsa
- Vegetable baby food (what types? _____)
- Other: _____

Liquids

- Juice (circle all that apply): orange, cherry, berry, grape, fruit punch, strawberry, strawberry kiwi, cranberry fruit cocktail, white grape, pear, or other: _____
- Lemonade
- Milk (circle all that apply): whole, 2 percent, skim
- Flavored milk (what types? _____)
- Soda (circle all that apply): cola, lemon-lime, orange, grape, root beer, cream soda. Specific brands: _____
- Tea (circle all that apply): sweetened, unsweetened
- Milk shakes
- Floats
- Drinkable yogurt
- Water
- Caloric supplements (chocolate, vanilla, strawberry, banana cream)
- Other: _____

Fruits

- Apple
- Banana
- Blueberry
- Cantaloupe
- Cherry
- Grapes
- Kiwi
- Lemon
- Lime
- Orange
- Pear
- Pumpkin
- Watermelon
- Raisin
- Raspberry
- Rhubarb
- Strawberry
- Tangerine
- Tomato
- Dried fruit

Pasta/Italian-style dishes

- Spaghetti
- Lasagna
- SpaghettiOs/RavioliOs
- Casseroles (e.g., Hamburger Helper)
- Pizza
- Pizza toppings: _____
- Other: _____

- Rice dishes: _____
- Noodle dishes: _____
- Couscous _____

Soups

- Cheese
- Cheese and broccoli
- Cheese and vegetables
- Chili
- Stew
- Vegetable
- Vegetable beef
- French onion
- Egg drop
- Beef noodle
- Chicken noodle
- Chicken and rice
- Other: _____

Cheese/Dairy

- Cheddar
- American
- Parmesan
- Swiss
- Monterey Jack
- Mozzarella
- Colby
- Cottage cheese
- Sour cream
- Yogurt (what types? _____)

- Cool Whip
- Whipped cream
- Ice cream (what types? _____)
- Sherbet (what types? _____)

Fast Foods:

We also analyze favorite and least-favorite foods for patterns and similarities.

Please list your child's favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

Please list your child's least-favorite foods/liquids:

- 1.
- 2.
- 3.
- 4.
- 5.

What goal foods would you like to see your child eat with the rest of the family?

- 1.
- 2.
- 3.
- 4.
- 5.