Sample mealtime preferences questionnaire

Use this sample mealtime preferences questionnaire to get a full picture of clients’ meal habits, preferences, culture and expectations.

**Mealtime Preferences**

Client’s Name ____________________________________________________ Completed by: □ Client □ Client’s family
Assisted by Staff Member ____________________________________________ Date ______________________________

**General Information**

1. Ethnic/Religious/Cultural/Special Foods preferred___________________________________________________________
2. Current Diet Restrictions: □ Diabetic □ Low sodium □ Restricted fluids □ Gluten-free □ Food allergies □ Other
   Explain_____________________________________________________________________________________________
3. What do you need help with when eating? □ Cutting meat □ Opening packages □ Steadying hands □ Other
   Explain _____________________________________________________________________________________________
4. Do you use special silverware, plates or cups? __________________________ 5. Serving style preferred: □ Plated □ Family style
6. What size of portions do you prefer? □ Small □ Average □ Large 7. Are you willing to try new foods? □ Yes □ No

**Dining Preferences**

**BREAKFAST**
8. Do you usually eat breakfast? □ Yes □ No If so, what time? _______ Where do you to eat breakfast?__________
9. Preferred breakfast foods ___________________________________________ What do you like to drink? ______________

**LUNCH**
10. Do you usually eat lunch? □ Yes □ No If so, what time? _______ Where do you like to eat lunch?___________
11. Preferred lunch foods _____________________________________________ What do you like to drink? ____________

**DINNER**
12. Do you usually eat dinner? □ Yes □ No If so, what time? _______ Where do you like to eat dinner?_________
13. Preferred dinner foods _____________________________________________ What do you like to drink? ____________

**SNACKS**
14. Do you usually eat snacks? □ Yes □ No If so, what time(s)? ______________________
13. What are your favorite snacks? _____________________________

**Food Preferences:** CIRCLE the foods you enjoy, put a LINE through foods you don’t care for.

<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>GRAINS</th>
<th>FRUIT</th>
<th>SNACKS/DESSERTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>beans (kidney, black)</td>
<td>biscuits</td>
<td>apples</td>
<td>pineapple</td>
</tr>
<tr>
<td>casserole</td>
<td>cold cereal</td>
<td>applesauce</td>
<td>plums/prunes</td>
</tr>
<tr>
<td>cheese</td>
<td>corn bread</td>
<td>apricots</td>
<td>raisins</td>
</tr>
<tr>
<td>chicken</td>
<td>couscous</td>
<td>bananas</td>
<td>strawberries</td>
</tr>
<tr>
<td>cottage cheese</td>
<td>crackers</td>
<td>berries</td>
<td>strawberries</td>
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<tr>
<td>eggs</td>
<td>cream of wheat</td>
<td>fruit cocktail</td>
<td></td>
</tr>
<tr>
<td>fish</td>
<td>donuts</td>
<td>grapes</td>
<td>gelatin</td>
</tr>
<tr>
<td>ham</td>
<td>French toast</td>
<td>fruit cocktail</td>
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</tr>
<tr>
<td>hamburger/beef</td>
<td>gits</td>
<td>grapes</td>
<td>ice cream</td>
</tr>
<tr>
<td>lunch meat</td>
<td>oatmeal</td>
<td>mandarin oranges</td>
<td></td>
</tr>
<tr>
<td>turkey</td>
<td>pasta/noodles</td>
<td>oranges</td>
<td>nuts/snack mix</td>
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<tr>
<td>sandwich</td>
<td>pancakes</td>
<td>peaches</td>
<td>popcorn</td>
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<tr>
<td>wraps</td>
<td>rice/brown rice</td>
<td>pears</td>
<td>potato chips</td>
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<td>yogurt</td>
<td>white bread</td>
<td></td>
<td>pretzels</td>
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<tr>
<td>nuts</td>
<td>wheat bread</td>
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<td>snack crackers</td>
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<td>peanut butter</td>
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<td></td>
<td>smoothie</td>
</tr>
<tr>
<td>pork</td>
<td></td>
<td></td>
<td>candy</td>
</tr>
<tr>
<td>seafood/shellfish</td>
<td></td>
<td></td>
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</tr>
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</table>

*Source: Caregivers Kitchen, Muncie, Ind.*
Sample recipes to prepare for clients

Use the sample recipes below for a healthy meal option to use with clients.

Roasted Pork Tenderloin with Peach Dijon Sauce

SERVES 4 Per 4 oz. serving: CALORIES 190 / SODIUM 190 mg 0 CARB CHOICE

Tenderloin is a lean cut of pork, and if cooked correctly, it is moist and juicy. Pork tenderloins are typically sold in packages of two. Both can be roasted in the same pan, or one saved for a later meal. Be sure to trim the fat and sliver skin (white-silver connective tissue) as it can be tough to chew. Center cut pork loin can be substituted, but cooking time will need to be adjusted.

1 ½ lb. pork tenderloin
1 tsp. canola oil
¼ tsp. salt
¼ tsp. black pepper

1. Preheat oven to 350°F. Preheat a large skillet to medium high heat.
2. Trim all visible fat and silver skin from the pork. Rub with canola oil and sprinkle with salt and pepper.
3. Sear all sides of the tenderloin in the hot skillet. Transfer to a baking dish.
4. Roast in the oven for 30-35 minutes or until the internal temperature is at least 145°F measured with a food thermometer.
5. Remove from the oven, tent with foil and let rest for 5 minutes before slicing. Serve with Peach Dijon Sauce (recipe follows)

Peach Dijon Sauce

⅓ c. peach preserves or jam
2 Tbsp. Dijon mustard
1 tsp. Worcestershire sauce
1 ½ tsp. apple cider vinegar

1. Combine all the ingredients in a small saucepan and heat until boiling.

Microwave Preparation: Combine all ingredients in a microwave safe bowl and heat until boiling.

Cranberry Citrus Salad

SERVES 8 Per ½ cup serving: CALORIES 110 / SODIUM 50 mg 1 ⅛ CARB CHOICES

An often-requested dessert, cranberry citrus salad combines the tartness of cranberries with the sweetness of mandarin oranges and pineapple and crunch of celery. Strawberry or cherry gelatin may be substituted for the raspberry gelatin. For a little extra crunch, mix in toasted walnuts or pecans.

1 c. boiling water
1 small package (0.3 oz.) sugar-free raspberry gelatin
1 can (14 oz.) whole berry cranberry sauce
2 stalks celery, finely diced
1 can (11 oz.) mandarin oranges, drained
1 can (8 oz.) crushed pineapple, drained

1. Drain and lightly crush the mandarin oranges with a fork. Drain the pineapple.
2. In a large bowl, dissolve the gelatin in the boiling water.
3. Add remaining ingredients and stir until well mixed.
4. Pour into a serving bowl and cover. Refrigerate at least two hours before serving.

Quick Set Method: Place cranberry citrus salad in the freezer for at least one hour. Stir after 30 minutes.

Source: Caregivers Kitchen, Muncie, Ind.