



Child's name and age: _____

Child's DOB: _____

Food Repertoire List

Directions: Please list ALL foods included in your child's current repertoire, including any previous foods that the child has now dropped and **WHEN** they dropped these foods. Be as detailed as possible when listing foods. Continue on page 2 if needed. If your child has a preferred brand, preparation style, etc., please list that information in parenthesis next to the food. Please see page 3 for an example.

Food category	Always foods	Sometimes foods	Dropped foods
Starches:			
Fruits:			
Vegetables:			
Milk/Dairy:			
Meat/Protein:			
Mixed Textures:			
Extras:			
Snacks:			

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Mixed Textures:			
Extras:			
Snacks:			

Example Food Repertoire List

Food category	Always foods	Sometimes foods	Dropped foods
Starches:	White bread, oatmeal, French fries, mac and cheese, corn, cereal (Cheerios), waffles (HEB brand only), blueberry muffins, banana muffins	Pancakes, noodles, baked potato, mashed potatoes, rice	
Fruits:	Orange juice, apple juice, watermelon, cantaloupe, peach, pear, dried cranberries	Banana, strawberries, blueberries	Raisins & tomatoes (2yrs)
Vegetables:	Green beans, carrots, snap peas (with ranch only)	Red peppers (cut into strips only)	Sweet potato (16mo)
Milk/Dairy:	2% milk, chocolate milk, ice cream, yogurt (plain HEB brand only), cheddar cheese cubes, cheese sticks	Pudding cups	
Meat/Protein:	Grilled chicken (no seasoning), chicken nuggets, hamburger patty, deli turkey, fish sticks, hot dog, eggs, grilled cheese	Peanut butter, mixed nuts	
Mixed Textures:	Pasta with red sauce, tacos/burritos (bean & cheese only), pepperoni pizza, sandwich (turkey and cheese)		
Extras:	Grape jelly, ketchup, mayo, ranch dressing, cream cheese, syrup, water, soda, Kool-aid		Mustard (3yrs)
Snacks:	Cookies, chips, Poptarts, pretzels, crackers, Goldfish	Pirate's booty	