



**WRHA NUTRITION & FOOD SERVICES  
FOOD PREFERENCE QUESTIONNAIRE**

**NAME:** \_\_\_\_\_ **RM:** \_\_\_\_\_  
**DIET:** \_\_\_\_\_ **DATE:** \_\_\_\_\_  
**BIRTHDATE:** \_\_\_\_\_

*In order to provide you with satisfying meals, please complete the following form indicating your food preferences. Return the completed form to the nursing staff.*

My **FOOD INTOLERANCES** (foods that cause discomfort such as gas, nausea, skin irritation) are:

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My **FOOD ALLERGIES** (foods that cause immediate, life threatening or severe reaction) are:

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Are there any **ENTREES** that you will not eat? \_\_\_\_\_

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Are there any **SOUPS** that you will not eat? \_\_\_\_\_

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Are there any **SANDWICHES** that you will not eat? \_\_\_\_\_

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Are there any **VEGETABLES** or **SALADS** that you will not eat? \_\_\_\_\_

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Are there any **POTATOES, RICE** or **PASTA** that you will not eat? \_\_\_\_\_

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Are there any **FRUIT** or **DESSERTS** that you will not eat? \_\_\_\_\_

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**PLEASE TURN OVER**



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I drink **MILK**?      Yes  No  Specify meals \_\_\_\_\_

Which type of **MILK** do you prefer?      Skim       2%       Whole

Which **HOT BEVERAGES** do you drink at:

**BREAKFAST:**      Coffee       Decaff Coffee       Tea       Herbal Tea       None

**LUNCH:**      Coffee       Decaff Coffee       Tea       Herbal Tea       None

**SUPPER:**      Coffee       Decaff Coffee       Tea       Herbal Tea       None

If you drink a **HOT BEVERAGE** what do you take in your:

**COFFEE:**      Sugar       Sweetener       Creamer       Black

**TEA:**      Sugar       Sweetener       Creamer       Black

What type of **BREAD/ROLLS** do you prefer?      Whole Wheat       White

I would like **GRAVY** with applicable meals?      Yes       No

What type of **CEREAL** do you prefer?      Hot       Cold       Both       None

I will eat **SOUP**?      Yes       No

I would like **CRACKERS** served with my soup?      Yes       No

Is there anything else that WRHA Nutrition & Food Services should know about your meal preferences? (ie. food practices followed for religious or cultural reasons)

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**THANK YOU FOR YOUR HELP**