



# Mary Washington PEDIATRIC THERAPY

a department of Mary Washington Hospital

200 Executive Center Parkway, Suite 106

Fredericksburg, VA 22401

Phone: 540.446.2654

[mwhc.com](http://mwhc.com)

## Food inventory

Today's Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Person completing form: \_\_\_\_\_ Relationship to patient: \_\_\_\_\_

Put a check in the child column if your child will eat what you would consider an age-appropriate portion of the food listed. If the food is served to the family as meals, put a check in the family column.

Please check all that apply-fruits:	Child	Family
Apple	<input type="checkbox"/> Apple (Child)	<input type="checkbox"/> Apple (Family)
Apple Juice	<input type="checkbox"/> Apple Juice (Child)	<input type="checkbox"/> Apple Juice (Family)
Applesauce	<input type="checkbox"/> Applesauce (Child)	<input type="checkbox"/> Applesauce (Family)
Apricots	<input type="checkbox"/> Apricots (Child)	<input type="checkbox"/> Apricots (Family)
Avocado	<input type="checkbox"/> Avocado (Child)	<input type="checkbox"/> Avocado (Family)
Banana Chips	<input type="checkbox"/> Banana Chips (Child)	<input type="checkbox"/> Banana Chips (Family)
Bananas/Plantains	<input type="checkbox"/> Bananas/Plantains (Child)	<input type="checkbox"/> Bananas/Plantains (Family)
Blueberry	<input type="checkbox"/> Blueberry (Child)	<input type="checkbox"/> Blueberry (Family)
Cantaloupe	<input type="checkbox"/> Cantaloupe (Child)	<input type="checkbox"/> Cantaloupe (Family)
Cherries	<input type="checkbox"/> Cherries (Child)	<input type="checkbox"/> Cherries (Family)
Cranberry Juice	<input type="checkbox"/> Cranberry Juice (Child)	<input type="checkbox"/> Cranberry Juice (Family)
Fruit Cocktail	<input type="checkbox"/> Fruit Cocktail (Child)	<input type="checkbox"/> Fruit Cocktail (Family)
Grape Juice	<input type="checkbox"/> Grape Juice (Child)	<input type="checkbox"/> Grape Juice (Family)
Grapefruit Juice	<input type="checkbox"/> Grapefruit Juice (Child)	<input type="checkbox"/> Grapefruit Juice (Family)
Grapes	<input type="checkbox"/> Grapes (Child)	<input type="checkbox"/> Grapes (Family)
Kiwi	<input type="checkbox"/> Kiwi (Child)	<input type="checkbox"/> Kiwi (Family)
Lemonade	<input type="checkbox"/> Lemonade (Child)	<input type="checkbox"/> Lemonade (Family)
Mango	<input type="checkbox"/> Mango (Child)	<input type="checkbox"/> Mango (Family)
Oranges/tangerines	<input type="checkbox"/> Oranges/tangerines (Child)	<input type="checkbox"/> Oranges/tangerines (Family)
Other Melon	<input type="checkbox"/> Other Melon (Child)	<input type="checkbox"/> Other Melon (Family)
Peaches/nectarines	<input type="checkbox"/> Peaches/nectarines (Child)	<input type="checkbox"/> Peaches/nectarines (Family)
Pear	<input type="checkbox"/> Pear (Child)	<input type="checkbox"/> Pear (Family)
Pineapple	<input type="checkbox"/> Pineapple (Child)	<input type="checkbox"/> Pineapple (Family)
Plums	<input type="checkbox"/> Plums (Child)	<input type="checkbox"/> Plums (Family)
Raisins	<input type="checkbox"/> Raisins (Child)	<input type="checkbox"/> Raisins (Family)
Raspberry	<input type="checkbox"/> Raspberry (Child)	<input type="checkbox"/> Raspberry (Family)
Strawberry	<input type="checkbox"/> Strawberry (Child)	<input type="checkbox"/> Strawberry (Family)
Watermelon	<input type="checkbox"/> Watermelon (Child)	<input type="checkbox"/> Watermelon (Family)

Please check all that apply-vegetables:	Child	Family
Asparagus	<input type="checkbox"/> Asparagus (Child)	<input type="checkbox"/> Asparagus (Family)
Baked Potato	<input type="checkbox"/> Baked Potato (Child)	<input type="checkbox"/> Baked Potato (Family)
Beets	<input type="checkbox"/> Beets (Child)	<input type="checkbox"/> Beets (Family)
Broccoli	<input type="checkbox"/> Broccoli (Child)	<input type="checkbox"/> Broccoli (Family)
Cabbage	<input type="checkbox"/> Cabbage (Child)	<input type="checkbox"/> Cabbage (Family)
Carrots	<input type="checkbox"/> Carrots (Child)	<input type="checkbox"/> Carrots (Family)
Cauliflower	<input type="checkbox"/> Cauliflower (Child)	<input type="checkbox"/> Cauliflower (Family)
Celery	<input type="checkbox"/> Celery (Child)	<input type="checkbox"/> Celery (Family)
Corn	<input type="checkbox"/> Corn (Child)	<input type="checkbox"/> Corn (Family)
Creamed Corn	<input type="checkbox"/> Creamed Corn (Child)	<input type="checkbox"/> Creamed Corn (Family)
Corn on the Cob	<input type="checkbox"/> Corn on the Cob (Child)	<input type="checkbox"/> Corn on the Cob (Family)
Cucumbers	<input type="checkbox"/> Cucumbers (Child)	<input type="checkbox"/> Cucumbers (Family)
Eggplant	<input type="checkbox"/> Eggplant (Child)	<input type="checkbox"/> Eggplant (Family)
Green Beans	<input type="checkbox"/> Green Beans (Child)	<input type="checkbox"/> Green Beans (Family)
Lettuce	<input type="checkbox"/> Lettuce (Child)	<input type="checkbox"/> Lettuce (Family)
Lima Beans	<input type="checkbox"/> Lima Beans (Child)	<input type="checkbox"/> Lima Beans (Family)
Peas	<input type="checkbox"/> Peas (Child)	<input type="checkbox"/> Peas (Family)
Pepper	<input type="checkbox"/> Pepper (Child)	<input type="checkbox"/> Pepper (Family)
Radish	<input type="checkbox"/> Radish (Child)	<input type="checkbox"/> Radish (Family)
Squash	<input type="checkbox"/> Squash (Child)	<input type="checkbox"/> Squash (Family)
Sweet Potato	<input type="checkbox"/> Sweet Potato (Child)	<input type="checkbox"/> Sweet Potato (Family)
Tomato	<input type="checkbox"/> Tomato (Child)	<input type="checkbox"/> Tomato (Family)
Turnip	<input type="checkbox"/> Turnip (Child)	<input type="checkbox"/> Turnip (Family)
Wax Beans	<input type="checkbox"/> Wax Beans (Child)	<input type="checkbox"/> Wax Beans (Family)

Please check all that apply-grains:	Child	Family
Brown Rice	<input type="checkbox"/> Brown Rice (Child)	<input type="checkbox"/> Brown Rice (Family)
Cake	<input type="checkbox"/> Cake (Child)	<input type="checkbox"/> Cake (Family)
Cereal	<input type="checkbox"/> Cereal (Child)	<input type="checkbox"/> Cereal (Family)
Cookies	<input type="checkbox"/> Cookies (Child)	<input type="checkbox"/> Cookies (Family)
Corn Bread	<input type="checkbox"/> Corn Bread (Child)	<input type="checkbox"/> Corn Bread (Family)
Corn Chips	<input type="checkbox"/> Corn Chips (Child)	<input type="checkbox"/> Corn Chips (Family)
Crackers	<input type="checkbox"/> Crackers (Child)	<input type="checkbox"/> Crackers (Family)
Cream of Wheat	<input type="checkbox"/> Cream of Wheat (Child)	<input type="checkbox"/> Cream of Wheat (Family)
Donuts	<input type="checkbox"/> Donuts (Child)	<input type="checkbox"/> Donuts (Family)
Egg Noodles	<input type="checkbox"/> Egg Noodles (Child)	<input type="checkbox"/> Egg Noodles (Family)
Farina	<input type="checkbox"/> Farina (Child)	<input type="checkbox"/> Farina (Family)
French Fries	<input type="checkbox"/> French Fries (Child)	<input type="checkbox"/> French Fries (Family)
French Toast	<input type="checkbox"/> French Toast (Child)	<input type="checkbox"/> French Toast (Family)
Grits	<input type="checkbox"/> Grits (Child)	<input type="checkbox"/> Grits (Family)
Hash Browns	<input type="checkbox"/> Hash Browns (Child)	<input type="checkbox"/> Hash Browns (Family)
Macaroni	<input type="checkbox"/> Macaroni (Child)	<input type="checkbox"/> Macaroni (Family)
Mashed Potatoes	<input type="checkbox"/> Mashed Potatoes (Child)	<input type="checkbox"/> Mashed Potatoes (Family)
Muffins/rolls	<input type="checkbox"/> Muffins/rolls (Child)	<input type="checkbox"/> Muffins/rolls (Family)
Oatmeal	<input type="checkbox"/> Oatmeal (Child)	<input type="checkbox"/> Oatmeal (Family)
Ramen Noodles	<input type="checkbox"/> Ramen Noodles (Child)	<input type="checkbox"/> Ramen Noodles (Family)
Wheat Bread	<input type="checkbox"/> Wheat Bread (Child)	<input type="checkbox"/> Wheat Bread (Family)
White Bagel	<input type="checkbox"/> White Bagel (Child)	<input type="checkbox"/> White Bagel (Family)
White Bread	<input type="checkbox"/> White Bread (Child)	<input type="checkbox"/> White Bread (Family)
White Rice	<input type="checkbox"/> White Rice (Child)	<input type="checkbox"/> White Rice (Family)

<b>Please check all that apply-dairy:</b>	<b>Child</b>	<b>Family</b>
American Cheese	<input type="checkbox"/> American Cheese (Child)	<input type="checkbox"/> American Cheese (Family)
Cheese Spread	<input type="checkbox"/> Cheese Spread (Child)	<input type="checkbox"/> Cheese Spread (Family)
Chocolate Mile	<input type="checkbox"/> Chocolate Mile (Child)	<input type="checkbox"/> Chocolate Mile (Family)
Cottage Cheese	<input type="checkbox"/> Cottage Cheese (Child)	<input type="checkbox"/> Cottage Cheese (Family)
Hot Chocolate	<input type="checkbox"/> Hot Chocolate (Child)	<input type="checkbox"/> Hot Chocolate (Family)
Ice Cream	<input type="checkbox"/> Ice Cream (Child)	<input type="checkbox"/> Ice Cream (Family)
Milk	<input type="checkbox"/> Milk (Child)	<input type="checkbox"/> Milk (Family)
Milkshake	<input type="checkbox"/> Milkshake (Child)	<input type="checkbox"/> Milkshake (Family)
Other cheese(s)	<input type="checkbox"/> Other cheese(s) (Child)	<input type="checkbox"/> Other cheese(s) (Family)
Pudding	<input type="checkbox"/> Pudding (Child)	<input type="checkbox"/> Pudding (Family)
Sherbert	<input type="checkbox"/> Sherbert (Child)	<input type="checkbox"/> Sherbert (Family)
Yogurt	<input type="checkbox"/> Yogurt (Child)	<input type="checkbox"/> Yogurt (Family)

<b>Please check all that apply-meat and beans:</b>	<b>Child</b>	<b>Family</b>
Bacon	<input type="checkbox"/> Bacon (Child)	<input type="checkbox"/> Bacon (Family)
Baked Beans	<input type="checkbox"/> Baked Beans (Child)	<input type="checkbox"/> Baked Beans (Family)
Chicken	<input type="checkbox"/> Chicken (Child)	<input type="checkbox"/> Chicken (Family)
Chicken Nuggets	<input type="checkbox"/> Chicken Nuggets (Child)	<input type="checkbox"/> Chicken Nuggets (Family)
Chicken Salad	<input type="checkbox"/> Chicken Salad (Child)	<input type="checkbox"/> Chicken Salad (Family)
Clams/Oysters	<input type="checkbox"/> Clams/Oysters (Child)	<input type="checkbox"/> Clams/Oysters (Family)
Crab/Lobster	<input type="checkbox"/> Crab/Lobster (Child)	<input type="checkbox"/> Crab/Lobster (Family)
Fish Sticks	<input type="checkbox"/> Fish Sticks (Child)	<input type="checkbox"/> Fish Sticks (Family)
Fried/Baked Fish	<input type="checkbox"/> Fried/Baked Fish (Child)	<input type="checkbox"/> Fried/Baked Fish (Family)
Ham	<input type="checkbox"/> Ham (Child)	<input type="checkbox"/> Ham (Family)
Hamburger	<input type="checkbox"/> Hamburger (Child)	<input type="checkbox"/> Hamburger (Family)
Hot Dog	<input type="checkbox"/> Hot Dog (Child)	<input type="checkbox"/> Hot Dog (Family)
Lamb	<input type="checkbox"/> Lamb (Child)	<input type="checkbox"/> Lamb (Family)
Lentils	<input type="checkbox"/> Lentils (Child)	<input type="checkbox"/> Lentils (Family)
Liver	<input type="checkbox"/> Liver (Child)	<input type="checkbox"/> Liver (Family)
Lunchmeat	<input type="checkbox"/> Lunchmeat (Child)	<input type="checkbox"/> Lunchmeat (Family)
Other Nuts	<input type="checkbox"/> Other Nuts (Child)	<input type="checkbox"/> Other Nuts (Family)
Peanut Butter	<input type="checkbox"/> Peanut Butter (Child)	<input type="checkbox"/> Peanut Butter (Family)
Pork/Pork Chop	<input type="checkbox"/> Pork/Pork Chop (Child)	<input type="checkbox"/> Pork/Pork Chop (Family)
Roast Beef	<input type="checkbox"/> Roast Beef (Child)	<input type="checkbox"/> Roast Beef (Family)
Sausage	<input type="checkbox"/> Sausage (Child)	<input type="checkbox"/> Sausage (Family)
Shrimp	<input type="checkbox"/> Shrimp (Child)	<input type="checkbox"/> Shrimp (Family)
Steak	<input type="checkbox"/> Steak (Child)	<input type="checkbox"/> Steak (Family)
Tofu	<input type="checkbox"/> Tofu (Child)	<input type="checkbox"/> Tofu (Family)

<b>Please check all that apply-dips/condiments:</b>	<b>Child</b>	<b>Family</b>
Apple Butter	<input type="checkbox"/> Apple Butter (Child)	<input type="checkbox"/> Apple Butter (Family)
Almond Butter	<input type="checkbox"/> Almond Butter (Child)	<input type="checkbox"/> Almond Butter (Family)
BBQ Sauce	<input type="checkbox"/> BBQ Sauce (Child)	<input type="checkbox"/> BBQ Sauce (Family)
Cream Cheese	<input type="checkbox"/> Cream Cheese (Child)	<input type="checkbox"/> Cream Cheese (Family)
Easy cheese, Velveta	<input type="checkbox"/> Easy cheese, Velveta (Child)	<input type="checkbox"/> Easy cheese, Velveta (Family)
Peanut Butter	<input type="checkbox"/> Peanut Butter (Child)	<input type="checkbox"/> Peanut Butter (Family)
Hummus	<input type="checkbox"/> Hummus (Child)	<input type="checkbox"/> Hummus (Family)
Ice Cream sauces (caramel, hot fudge etc)	<input type="checkbox"/> Ice Cream sauces (Child) (caramel, hot fudge etc)	<input type="checkbox"/> Ice Cream sauces (Family) (caramel, hot fudge etc)
Jelly/Jam	<input type="checkbox"/> Jelly/Jam (Child)	<input type="checkbox"/> Jelly/Jam (Family)

**Please check all that apply-dips/condiments: Child Family**

- Ketchup  Ketchup (Child)  Ketchup (Family)
- Mustard  Mustard (Child)  Mustard (Family)
- Nutella  Nutella (Child)  Nutella (Family)
- Ranch salad dressing  Ranch salad dressing (Child)  Ranch salad dressing (Family)
- Salsa  Salsa (Child)  Salsa (Family)
- Sour Cream  Sour Cream (Child)  Sour Cream (Family)
- Syrup  Syrup (Child)  Syrup (Family)
- Yogurt  Yogurt (Child)  Yogurt (Family)
- Whipped cream  Whipped cream (Child)  Whipped cream (Family)

**Please check all that apply-other: Child Family**

- Chili  Chili (Child)  Chili (Family)
- Lasagna  Lasagna (Child)  Lasagna (Family)
- Macaroni and Cheese  Macaroni and Cheese (Child)  Macaroni and Cheese (Family)
- Pie  Pie (Child)  Pie (Family)
- Pizza  Pizza (Child)  Pizza (Family)
- Potato Chips  Potato Chips (Child)  Potato Chips (Family)
- Pretzels  Pretzels (Child)  Pretzels (Family)
- Ravioli  Ravioli (Child)  Ravioli (Family)
- Soup  Soup (Child)  Soup (Family)
- Spaghetti  Spaghetti (Child)  Spaghetti (Family)
- Spaghettios  Spaghettios (Child)  Spaghettios (Family)
- Stew  Stew (Child)  Stew (Family)
- Stuffing  Stuffing (Child)  Stuffing (Family)
- Taco or tortilla  Taco or tortilla (Child)  Taco or tortilla (Family)
- Toasted Cheese Sandwich  Toasted Cheese Sandwich (Child)  Toasted Cheese Sandwich (Family)

Please list any other food item that your child eats that are not on the list: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What food items do you wish your child would eat? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

