

Food Assessment

Circle ALL allergies

Mark X next to ingredients you do not like.



VEGETABLES	VEGETABLES	FRUIT
Alfalfa Sprout	Lettuce, Romaine	Cantaloupe
Anise	Mushroom, Cremini	Casaba Melon
Artichoke Heart	Mushroom, Porcini	Cherry
Artichoke, Globe	Mushroom, Portobello	Clementine
Artichoke, Jerusalem	Mushroom, Shitake	Coconut
Arugula	Mushroom, White	Cranberry
Asparagus	Okra	Currant
Avocado	Olive, Black	Date
Bean Sprout	Olive, Greek (Kalamata)	Fig
Bean, Black	Olive, Green	Gooseberry
Bean, Cannellini (White)	Onion, Green	Grapefruit
Bean, Chinese Long	Onion, Sweet (Red, Vidalia)	Grapes, Green
Bean, Fava	Onion, Yellow/Spanish	Grapes, Red
Bean, Garbanzo	Onion, White	Guava
Bean, Green	Parsnip	Honeydew Melon
Bean, Kidney	Pea, Black-eyed	Kiwi
Bean, Lima	Pea, Sugar Snap	Kumquat
Bean, Soy	Pea, Sweet Green	Lemon
Bean, Yellow	Peapod	Lime
Beans, Pinto	Pepper, Banana	Mango
Beet	Pepper, Bell	Muskmelon
Bok Choy	Pepper, Jalapeno	Nectarine
Borage	Pepper, Poblano	Orange
Broccoli	Potato	Papaya
Brussel Sprout	Pumpkin	Peach
Cabbage, Chinese	Rabe, Broccoli	Pear
Cabbage, Green	Radicchio	Persimmon
Cabbage, Napa	Radish	Pineapple
Cabbage, Red	Rhubarb	Plantain
Cabbage, Savoy	Rutabaga	Plum
Carrot	Sauerkraut	Pomegranate
Cauliflower	Scallion	Prune
Celeriac (Celery Root)	Shallot	Quince
Celery	Spinach	Raisin
Chayote	Squash, Acorn	Raspberry
Chicory	Squash, Hubbard	Star Fruit (Carambola)
Corn	Squash, Spaghetti	Strawberry
Cucumber	Squash, Summer	Tangelo
Daikon	Squash, Yellow	Tangerine
Eggplant	Squash, Zucchini	Watermelon
Eggplant, Japanese	Sweet Potato	
Endive	Swiss Chard	GRAINS
Escarole	Taro	Barley
Fennel	Tofu	Buckwheat (Kasha)
Frisee	Tomatillo	Bulgar
Garlic	Tomato, Fresh	Cornmeal
Ginger	Tomato, Sun-dried	Couscous
Gourd	Turnip	Pasta
Greens, Dandelion	Watercress	Polenta
Greens, Mustard	Yam	Quinoa
Greens, Collard		Rice, Basmati
Horseradish	FRUITS	Rice, Brown
Jicama	Apple	Rice, Jasmine
Kale	Apricot	Rice, Risotto
Kohlrabi	Banana	Rice, White
Leek	Berries	Rice, Wild
Lentil	Blackberry	
Lettuce, Iceberg	Blueberry	
Lettuce, Leaf	Boysenberry	

HERBS/SPICES/CONDIMENTS	HERBS/SPICES/CONDIMENTS	DAIRY	FISH/SEAFOOD
Allspice	Pesto	Egg Substitute	Smelt
Anchovy Paste	Rosemary	Margarine	Sole
Anise	Saffron	Milk	Squid
Basil	Sage	Sour Cream	Sturgeon
Bay Leaf	Salsa	Yogurt	Swordfish
BBQ Sauce	Savory		Tilapia
Borage	Seed, Poppy	MEATS	Trout
Cajun Seasoning	Seed, Pumpkin	Bacon, American	Tuna, Canned
Capers	Seed, Sesame	Bacon, Canadian	Tuna, Fresh
Caraway	Seed, Squash	Bacon, Italian	Turbot
Cardamon	Seed, Sunflower	Beef	Walleye
Chervil	Sesame Oil	Ham	Whitefish
Chili Paste	Soy Sauce	Lamb	
Chili Sauce	Sweet Relish	Liver, Beef	POULTRY
Chive	Sweet/Sour Sauce	Liver, Chicken	Chicken
Chocolate	Tabasco Sauce	Pancetta	Duck
Chutney	Tarragon	Pork	Turkey
Cilantro	Tartar Sauce	Rabbit	
Cinnamon	Thyme	Salami, Italian	NUTS
Clove	Tumeric	Sausage, Andouille	Almond
Coriander (Dried)	Vanilla	Sausage, Breakfast	Brazil
Coriander (Fresh)	Vinegar, Balsamic	Sausage, Italian Hot	Cashew
Cumin	Vinegar, Cider	Sausage, Italian Sweet	Chestnut
Curry, Green	Vinegar, Fruit Flavored	Sausage, Polish	Hazelnut
Curry, Red	Vinegar, Malt	Sausage, Smoked	Macadamia
Curry, Yellow	Vinegar, Red Wine	Veal	Peanut
Dill	Vinegar, Rice	Venison	Pecan
Fennel	Vinegar, White Wine		Pine/Pignoli
Food Coloring	Worcestershire Sauce	FISH/SEAFOOD	Pistachio
Garlic		Abalone	Walnut
Ginger	DAIRY	Bass	
Guacamole	Butter	Calamari	OTHER
Honey	Cheese, American	Catfish	
Jerk Sauce	Cheese, Asiago	Clam	
Ketchup	Cheese, Bleu	Cod	
Lemongrass	Cheese, Boursin	Crab	
Maple Syrup	Cheese, Brie	Flounder	
Marjoram	Cheese, Camembert	Grouper	
Mayonnaise	Cheese, Cheddar	Haddock	
Mint	Cheese, Cottage	Halibut	
Miso	Cheese, Cream	Herring	
Molasses	Cheese, Farmer's	Lobster	
MSG	Cheese, Feta	Mackerel	
Mustard, Brown	Cheese, Goat	Mahi Mahi	
Mustard, Dijon	Cheese, Gouda	Monkfish	
Mustard, Whole Grain	Cheese, Gruyere	Mussel	
Mustard, Yellow	Cheese, Havarti	Orange Roughy	
Nutmeg	Cheese, Jarlsberg	Oyster	
Oregano	Cheese, Marscapone	Perch	
Oyster Sauce	Cheese, Monterey Jack	Pike	
Paprika	Cheese, Mozzarella	Pompano	
Parsley	Cheese, Parmesan	Red Snapper	
Peanut Butter	Cheese, Pecorino	Redfish	
Peanut Sauce	Cheese, Provolone	Salmon, Fresh	
Pepper, Black	Cheese, Ricotta	Salmon, Smoked	
Pepper, Cayenne	Cheese, Romano	Sardine	
Pepper, Green	Cheese, Swiss	Scallop	
Pepper, Red	Cream	Scrod	
Pepper, White	Egg	Shrimp	