Food Preferences & Restrictions Worksheet

Keep Favorites, Dislikes, Allergies, and Instructions Clear

A caregiver reference sheet that separates personal preferences from professionally directed restrictions.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

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Food Preferences & Restrictions Worksheet

Print it · write it down · keep it handy

THIS RESOURCE IS FOR (NAME)

PRIMARY CAREGIVER

DATE STARTED

LAST UPDATED

1 START HERE

- [ ] Favorite breakfasts, lunches, dinners, snacks, and beverages.
- [ ] Foods the person dislikes or regularly refuses.
- [ ] Document known food allergies separately.
- [ ] Write texture or swallowing-related instructions exactly as provided.

2 WORKSHEET / TRACKER

CATEGORY	FOOD / ITEM	PREFERENCE / RESTRICTION	DETAILS	SOURCE

Note: Keep preferences separate from medical instructions, and write professionally directed restrictions exactly as provided.

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Notes · patterns · caregiver handoff

3 NOTES, PATTERNS & FOLLOW-UP

FAVORITE FOODS AND RELIABLE OPTIONS:

FOODS DISLIKED OR REFUSED:

ALLERGIES / RESTRICTIONS / TEXTURE INSTRUCTIONS:

MEAL ROUTINE OR ASSISTANCE NOTES:

Sources & further reading

- USDA MyPlate - Healthy Eating for Older Adults
- National Institute on Aging - Healthy Aging Tips for Older Adults

Educational and organizational only. Follow individualized instructions from qualified professionals.

Everything about your loved one's care, organized in one place.
The Caregiving Concierge™ helps families organize care details in one secure workspace.
Scan to learn more at thecaregivingconcierge.com.

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