**PREFERENCJE ŻYWIENIOWE**

Imię i nazwisko Pacjenta:

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|  |

**„X”** Zaznacz krzyżykiem odpowiednie pole. Przemyśl swoją decyzję.

Im więcej wprowadzimy eliminacji, tym uboższa w smaki, witaminy i składniki mineralne będzie dieta.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **PRODUKT** | **LUBIĘ** | **NIE LUBIĘ!** | **NIE PRÓBOWAŁEM/AM, MOGĘ SPRÓBOWAĆ** | **NIE PRZEPADAM,****ALE W POTRAWIE SPRÓBUJĘ** | **NIE PRÓBOWAŁEM/AM, NIE CHCĘ PRÓBOWAĆ** | **MAM ALERGIĘ** | **ŹLE SIĘ PO TYM CZUJĘ** |
| jabłko |  |  |  |  |  |  |  |
| gruszka |  |  |  |  |  |  |  |
| mandarynki |  |  |  |  |  |  |  |
| pomarańcze |  |  |  |  |  |  |  |
| grejpfruty |  |  |  |  |  |  |  |
| kiwi |  |  |  |  |  |  |  |
| mango |  |  |  |  |  |  |  |
| awokado |  |  |  |  |  |  |  |
| truskawki |  |  |  |  |  |  |  |
| maliny |  |  |  |  |  |  |  |
| borówki |  |  |  |  |  |  |  |
| jagody |  |  |  |  |  |  |  |
| poziomki |  |  |  |  |  |  |  |
| porzeczki |  |  |  |  |  |  |  |
| wiśnie |  |  |  |  |  |  |  |
| czereśnie |  |  |  |  |  |  |  |
| ananas |  |  |  |  |  |  |  |
| arbuz |  |  |  |  |  |  |  |
| nektarynka |  |  |  |  |  |  |  |
| brzoskwinia |  |  |  |  |  |  |  |
| winogrona zielon. |  |  |  |  |  |  |  |
| winogrona czerw. |  |  |  |  |  |  |  |
| winogrona czarn. |  |  |  |  |  |  |  |
| banany |  |  |  |  |  |  |  |
| cytryna |  |  |  |  |  |  |  |
| limonka |  |  |  |  |  |  |  |
| granat |  |  |  |  |  |  |  |
| melon |  |  |  |  |  |  |  |
| kaki |  |  |  |  |  |  |  |
| śliwki |  |  |  |  |  |  |  |
| pomelo |  |  |  |  |  |  |  |
| agrest |  |  |  |  |  |  |  |
| jeżyny |  |  |  |  |  |  |  |
| żurawina |  |  |  |  |  |  |  |
| figi |  |  |  |  |  |  |  |
| daktyle |  |  |  |  |  |  |  |
| morele |  |  |  |  |  |  |  |
| pigwa |  |  |  |  |  |  |  |
| rabarbar |  |  |  |  |  |  |  |
| ogórek |  |  |  |  |  |  |  |
| pomidor  |  |  |  |  |  |  |  |
| cebula |  |  |  |  |  |  |  |
| czosnek |  |  |  |  |  |  |  |
| szczypiorek |  |  |  |  |  |  |  |
| koperek |  |  |  |  |  |  |  |
| sałata |  |  |  |  |  |  |  |
| roszponka |  |  |  |  |  |  |  |
| rukola |  |  |  |  |  |  |  |
| endywia |  |  |  |  |  |  |  |
| kiełki |  |  |  |  |  |  |  |
| Marchew surowa |  |  |  |  |  |  |  |
| Marchew gotowana |  |  |  |  |  |  |  |
| ziemniaki |  |  |  |  |  |  |  |
| buraki |  |  |  |  |  |  |  |
| bataty |  |  |  |  |  |  |  |
| Seler korzeniowy |  |  |  |  |  |  |  |
| Seler naciowy |  |  |  |  |  |  |  |
| Korzeń pietruszki |  |  |  |  |  |  |  |
| Natka pietruszki |  |  |  |  |  |  |  |
| brokuły |  |  |  |  |  |  |  |
| kalafior |  |  |  |  |  |  |  |
| cukinia |  |  |  |  |  |  |  |
| bakłażan |  |  |  |  |  |  |  |
| groszek |  |  |  |  |  |  |  |
| ciecierzyca |  |  |  |  |  |  |  |
| soczewica |  |  |  |  |  |  |  |
| Fasola  |  |  |  |  |  |  |  |
| Fasolka szparagowa |  |  |  |  |  |  |  |
| szparagi |  |  |  |  |  |  |  |
| kapary |  |  |  |  |  |  |  |
| Suszone pomidory |  |  |  |  |  |  |  |
| kalarepka |  |  |  |  |  |  |  |
| Koper włoski |  |  |  |  |  |  |  |
| Papryka czerwona |  |  |  |  |  |  |  |
| Papryka zielona |  |  |  |  |  |  |  |
| Papryka zółta |  |  |  |  |  |  |  |
| jalapeno |  |  |  |  |  |  |  |
| por |  |  |  |  |  |  |  |
| pieczarki |  |  |  |  |  |  |  |
| grzyby |  |  |  |  |  |  |  |
| Kapusta biała |  |  |  |  |  |  |  |
| Kapusta czerwona |  |  |  |  |  |  |  |
| Kapusta Kiszon. |  |  |  |  |  |  |  |
| Ogórki kiszone |  |  |  |  |  |  |  |
| Ogórki konserwowe |  |  |  |  |  |  |  |
| Ogórki małosolne |  |  |  |  |  |  |  |
| Szpinak |  |  |  |  |  |  |  |
| brukselka |  |  |  |  |  |  |  |
| szczaw |  |  |  |  |  |  |  |
| dynia |  |  |  |  |  |  |  |
| bób |  |  |  |  |  |  |  |
| cykoria |  |  |  |  |  |  |  |
| brukiew |  |  |  |  |  |  |  |
| rzepa |  |  |  |  |  |  |  |
| jarmuż |  |  |  |  |  |  |  |
| kukurydza |  |  |  |  |  |  |  |
| pasternak |  |  |  |  |  |  |  |
| rzodkiew |  |  |  |  |  |  |  |
| rzodkiewka |  |  |  |  |  |  |  |
| skorzonera |  |  |  |  |  |  |  |
| topinambur |  |  |  |  |  |  |  |
| soja |  |  |  |  |  |  |  |
| chrzan |  |  |  |  |  |  |  |
| Kapusta pekińska |  |  |  |  |  |  |  |
| imbir |  |  |  |  |  |  |  |
| patison |  |  |  |  |  |  |  |
| Pestki dyni |  |  |  |  |  |  |  |
| słonecznik |  |  |  |  |  |  |  |
| Orzechy włoskie |  |  |  |  |  |  |  |
| nerkowce |  |  |  |  |  |  |  |
| Orzechy laskowe |  |  |  |  |  |  |  |
| migdały |  |  |  |  |  |  |  |
| pistacje |  |  |  |  |  |  |  |
| chia |  |  |  |  |  |  |  |
| Siemię lniane |  |  |  |  |  |  |  |
| Orzechy ziemne |  |  |  |  |  |  |  |
| Orzechy brazylijskie |  |  |  |  |  |  |  |
| Orzechy macadamia |  |  |  |  |  |  |  |
| Orzechy pecan |  |  |  |  |  |  |  |
| Orzechy piniowe |  |  |  |  |  |  |  |
| sezam |  |  |  |  |  |  |  |
| Mak niebieski |  |  |  |  |  |  |  |
| czarnuszka |  |  |  |  |  |  |  |
| Babka płesznik |  |  |  |  |  |  |  |
| Babka jajowata |  |  |  |  |  |  |  |
| Nasiona konopi |  |  |  |  |  |  |  |
| Mleko krowie |  |  |  |  |  |  |  |
| Mleko krowie bez laktozy |  |  |  |  |  |  |  |
| napój owsiany |  |  |  |  |  |  |  |
| Napój kokosowy |  |  |  |  |  |  |  |
| Mleczko kokosowe 21 % |  |  |  |  |  |  |  |
| napój sojowy |  |  |  |  |  |  |  |
| Napój ryżowy |  |  |  |  |  |  |  |
| Jogurt naturalny |  |  |  |  |  |  |  |
| kefir |  |  |  |  |  |  |  |
| Serek wiejski |  |  |  |  |  |  |  |
| maślanka |  |  |  |  |  |  |  |
| Ser twarogowy |  |  |  |  |  |  |  |
| Ser żółty |  |  |  |  |  |  |  |
| Ser pleśniowy |  |  |  |  |  |  |  |
| mozzarella |  |  |  |  |  |  |  |
| feta |  |  |  |  |  |  |  |
| Ser kozi |  |  |  |  |  |  |  |
| Mleko kozie |  |  |  |  |  |  |  |
| Jogurt kozi |  |  |  |  |  |  |  |
| jaja |  |  |  |  |  |  |  |
| Żółtka jaj |  |  |  |  |  |  |  |
| Białka jaj |  |  |  |  |  |  |  |
| masło |  |  |  |  |  |  |  |
| śmietana |  |  |  |  |  |  |  |
| tofu |  |  |  |  |  |  |  |
| Jogurt sojowy |  |  |  |  |  |  |  |
| Jogurt kokosowy |  |  |  |  |  |  |  |
| Jaja przepiórcze |  |  |  |  |  |  |  |
| wieprzowina |  |  |  |  |  |  |  |
| wołowina |  |  |  |  |  |  |  |
| Mięso kurze |  |  |  |  |  |  |  |
| Mięso indycze |  |  |  |  |  |  |  |
| królik |  |  |  |  |  |  |  |
| dorsz |  |  |  |  |  |  |  |
| sandacz |  |  |  |  |  |  |  |
| mintaj |  |  |  |  |  |  |  |
| Łosoś wędzony |  |  |  |  |  |  |  |
| Łosoś świeży |  |  |  |  |  |  |  |
| Makrela wędzona |  |  |  |  |  |  |  |
| Makrela świeża |  |  |  |  |  |  |  |
| tuńczyk |  |  |  |  |  |  |  |
| karp |  |  |  |  |  |  |  |
| halibut |  |  |  |  |  |  |  |
| śledź |  |  |  |  |  |  |  |
| krewetki |  |  |  |  |  |  |  |
| sardynki |  |  |  |  |  |  |  |
| pstrąg |  |  |  |  |  |  |  |
| karmazyn |  |  |  |  |  |  |  |
| sola |  |  |  |  |  |  |  |
| morszczuk |  |  |  |  |  |  |  |
| tilapia |  |  |  |  |  |  |  |
| szczupak |  |  |  |  |  |  |  |
| kalmary |  |  |  |  |  |  |  |
| dorada |  |  |  |  |  |  |  |
| miruna |  |  |  |  |  |  |  |
| małże |  |  |  |  |  |  |  |
| turbot |  |  |  |  |  |  |  |
| surimi |  |  |  |  |  |  |  |
| Makaron pszenny jasny |  |  |  |  |  |  |  |
| Makaron pełnoziarnisty z pszenicy |  |  |  |  |  |  |  |
| Makaron gryczany |  |  |  |  |  |  |  |
| Makaron ryżowy |  |  |  |  |  |  |  |
| Makaron sojowy |  |  |  |  |  |  |  |
| Makaron z fasoli |  |  |  |  |  |  |  |
| Makaron z ciecierzycy |  |  |  |  |  |  |  |
| Makaron z soczewicy |  |  |  |  |  |  |  |
| Makaron kukurydziany |  |  |  |  |  |  |  |
| Makaron orkiszowy |  |  |  |  |  |  |  |
| Makaron żytni |  |  |  |  |  |  |  |
| Ryż biały |  |  |  |  |  |  |  |
| Ryż basmati |  |  |  |  |  |  |  |
| Ryż dziki |  |  |  |  |  |  |  |
| Ryż brązowy |  |  |  |  |  |  |  |
| Kasza gryczana palona |  |  |  |  |  |  |  |
| Kasza gryczana niepalona |  |  |  |  |  |  |  |
| Kasza jęczmienna pęczak |  |  |  |  |  |  |  |
| Kasza jęczmienna perłowa |  |  |  |  |  |  |  |
| Kasza jaglana |  |  |  |  |  |  |  |
| Kasza manna |  |  |  |  |  |  |  |
| Kasza kukurydziana |  |  |  |  |  |  |  |
| kuskus |  |  |  |  |  |  |  |
| Kasza owsiana |  |  |  |  |  |  |  |
| Kasza bulgur |  |  |  |  |  |  |  |
| Kasza orkiszowa |  |  |  |  |  |  |  |
| Płatki owsiane |  |  |  |  |  |  |  |
| Płatki owsiane bezglutenowe |  |  |  |  |  |  |  |
| Płatki orkiszowe |  |  |  |  |  |  |  |
| Płatki gryczane |  |  |  |  |  |  |  |
| Płatki jęczmienne |  |  |  |  |  |  |  |
| Płatki jaglane |  |  |  |  |  |  |  |
| Płatki ryżowe |  |  |  |  |  |  |  |
| Płatki żytnie |  |  |  |  |  |  |  |
| Chleb z kaszy gryczanej |  |  |  |  |  |  |  |
| Chleb pełnoziarnisty z pszenicy |  |  |  |  |  |  |  |
| Chleb pełnoziarnisty z żyta |  |  |  |  |  |  |  |
| Chleb pełnoziarnisty orkiszowy |  |  |  |  |  |  |  |
| Chleb pszenny jasny |  |  |  |  |  |  |  |
| Chleb z kaszy jaglanej |  |  |  |  |  |  |  |
| Chleb bezglutnowy |  |  |  |  |  |  |  |
| Chleb kukurydziany |  |  |  |  |  |  |  |
| Wafle ryżowe |  |  |  |  |  |  |  |
| Bułki pszenne jasne |  |  |  |  |  |  |  |
| Bułki pszenne pełnoziarniste |  |  |  |  |  |  |  |
| Chleb graham |  |  |  |  |  |  |  |
| Bułki grahamki |  |  |  |  |  |  |  |
| Bułki żytnie |  |  |  |  |  |  |  |
| Bułki bezglutenowe |  |  |  |  |  |  |  |
| Oliwa z oliwek |  |  |  |  |  |  |  |
| Oleje roślinne |  |  |  |  |  |  |  |
| margaryna |  |  |  |  |  |  |  |
| bazylia |  |  |  |  |  |  |  |
| oregano |  |  |  |  |  |  |  |
| tymianek |  |  |  |  |  |  |  |
| sól |  |  |  |  |  |  |  |
| pieprz |  |  |  |  |  |  |  |
| chili |  |  |  |  |  |  |  |
| kminek |  |  |  |  |  |  |  |
| Kumin (kmin rzymski) |  |  |  |  |  |  |  |
| kurkuma |  |  |  |  |  |  |  |
| Gałka muszkatołowa |  |  |  |  |  |  |  |
| Papryka słodka mielona |  |  |  |  |  |  |  |
| lubczyk |  |  |  |  |  |  |  |
| rozmaryn |  |  |  |  |  |  |  |
| cynamon |  |  |  |  |  |  |  |
| kakao |  |  |  |  |  |  |  |
| curry |  |  |  |  |  |  |  |
| Zioła prowansalskie |  |  |  |  |  |  |  |
| kardamon |  |  |  |  |  |  |  |
| majeranek |  |  |  |  |  |  |  |
| Liść laurowy |  |  |  |  |  |  |  |
| Ziele angielskie |  |  |  |  |  |  |  |
| mięta |  |  |  |  |  |  |  |
| gorczyca |  |  |  |  |  |  |  |
| musztarda |  |  |  |  |  |  |  |
| miód |  |  |  |  |  |  |  |
| erytrytol |  |  |  |  |  |  |  |
| ksylitol |  |  |  |  |  |  |  |
| stewia |  |  |  |  |  |  |  |
| Pieprz biały |  |  |  |  |  |  |  |
| Pieprz cytrynowy |  |  |  |  |  |  |  |
| cayenne |  |  |  |  |  |  |  |
| anyż |  |  |  |  |  |  |  |
| wanilia |  |  |  |  |  |  |  |