EVALUATE YOUR FOOD PREFERENCES

Part of the process of resetting normal is replacing processed foods with whole food equivalents that are more nutritious and better tasting. You will have an easier time with this if you are open to a wide variety of different foods.

The Evaluate Your Food Preferences Form is a way of quantifying your openness to experimenting with whole foods. A low score is not "bad" and doesn't mean that *Resetting Normal* won't work for you, just that you may have more limited choices for your selection of quality foods for your transition.

Instructions:
- Look over the Scoring Method for how to assign points
- Fill in the points in the right column, for each food.
- Total the points for each section (Vegetables, Fruits, Grains and Fats).

What the score means:
- Approximate dividing lines:
  - Vegetables: 100 points
  - Fruits: 100 points
  - Grains: 30 points
  - Fats: 20 points
- A score above these numbers simply means you're open to a wide variety of foods and should have an easy time with the Battle of Quality.
- A score below only means you might have fewer choices.

Scoring Method:

Description	Points
Love it!	5
Like it	4
It's ok—wouldn't refuse it but not wild about it	3
Don't know—willing to try it	2
Have never liked it, but willing to try a different preparation	1
Hate it—you couldn't pay me to eat it	0

VEGETABLES	Points
Asparagus	
Avocado	
Beans, green (string)	
Beans, dried (black, kidney, red, pinto, white, etc.)	
Beets	
Broccoli	
Brussels sprouts	
Cabbage (red, green, Savoy, napa, etc.)	
Carrots	
Cauliflower	
Celery	
Corn	

Cucumber	
Edamame (fresh soybeans)	
Eggplant	
Garlic	
Ginger	
Greens (kale, endive, beet, collard, mustard, chard, etc.)	
Kohlrabi	
Lettuce (iceberg)	
Lettuce (looseleaf, bibb, Romaine, etc.)	
Mushrooms	
Okra	
Onions	
Parsnips	
Peas	
Peppers (hot)	
Peppers (sweet)	
Potatoes (regular)	
Potatoes (sweet, yams)	
Radishes	
Spinach	
Tomatoes	
Turnips or rutabagas	
Squash (winter—orange)	
Squash (summer—zucchini, yellow, etc.)	
TOTAL	

FRUITS	Points
Apple	
Apricot	
Asian Pear	
Banana/Plantain	
Blackberries	
Blueberries	
Cactus Pear	
Cantaloupe	
Cherries	
Coconut	
Cranberries	
Currants	
Dates	
Figs	
Grapes	
Grapefruit/Pomelo	
Guava	
Honeydew Melon	
Kiwifruit	
Lemons	
Limes	
Mangoes	
Nectarines	

Oranges	
Papaya	
Passion Fruit	
Peaches	
Pears	
Pineapple	
Plums	
Pomegranate	
Raspberries	
Strawberries	
Tangerines	
Watermelon	
TOTAL	

GRAINS	Points
Bulgur	
Millet	
Multigrain cereal (cooked)	
Quinoa	
Rice, brown	
Rice, wild	
Unsweetened regular oatmeal	
Unsweetened whole wheat cereals (cold), such as Shredded Wheat	
Whole wheat bread (loaf, pita, wraps, etc.)	
Whole wheat cereal (cooked)	
Whole wheat pasta	
TOTAL	

FATS	Points
Butter	
Flax oil	
Lard	
Olive oil	
Safflower oil	
Sesame oil	
Vegetable oil (canola, corn)	
TOTAL	