

# 2021 SP FOOD DATA

<b>B-FAST</b>		<b>FOOD FAVORITE</b>	<b>FOOD HATES</b>	<b>SNACKS</b>	<b>FOOD RULES</b>	<b>COVID-COLLEGE</b>
<b>Eggs-111111</b> <b>Coffee111</b> <b>G-nola-111</b> <b>Smoothie-11</b> <b>Shake-11</b> <b>Oats-11</b> <b>Apple/celery</b> <b>Muffin</b>	<b>Standing up1111</b> <b>Sitting-111</b> <b>At Desk-111</b>  <b>10-15min-11111</b> <b>20+11</b> <b>Alone-111</b>	<b>Oatmeal +Peanut butter</b> <b>Buttermilk</b> <b>waffles/strawberries</b> <b>Pancakes</b> <b>Chicken parm</b> <b>Sushi</b> <b>Chicken/broccoli</b> <b>Tacos</b> <b>Chicken wings</b> <b>Burger + fries</b>	<b>Peas</b> <b>White beans</b> <b>Beets</b> <b>seafood</b> <b>Scallops</b> <b>Cilantro</b> <b>White fish</b> <b>Egg plant</b> <b>Pickles</b> <b>Mayonnaise</b> <b>caramel</b>	<b>Yoghurt/nola</b> <b>Chips/salsa-11</b> <b>Crackers</b> <b>Strawberries-11</b> <b>CheezIts-11</b> <b>Ice-cream</b> <b>Bananas-11</b> <b>Apples</b> <b>Gnola bars</b> <b>Apple</b> <b>Blueberries</b> <b>Popcorn</b> <b>Oreos</b> <b>yoghurt</b>	<b>NO sugary drinks</b> <b>Sit-down dinner</b> <b>Vegetables or dishes</b> <b>Dinner together</b> <b>Wash dishes</b> <b>Milk w/dinner</b> <b>NO TV or Devices at Dinner</b> <b>Eat what is on your plate</b> <b>Pizza-Fridays</b> <b>No rules</b> <b>Grace</b>	<b>Eat out of boredom</b> <b>Overeating</b> <b>More control</b> <b>More obsessive</b> <b>Less healthy</b> <b>No meat/dairy</b> <b>More snacks</b> <b>More smaller meals</b> <b>Earlier dinner</b>