

|                  |                  |                |           |                |
|------------------|------------------|----------------|-----------|----------------|
| <b>B</b>         | <b>I</b>         | <b>N</b>       | <b>G</b>  | <b>O</b>       |
| Vitamin<br>D     | Cake             | Almonds        | Fat       | Soda           |
| Mineral          | Chocolate        | Vitamin<br>B&C | Per Unit  | Calcium        |
| Trace<br>Mineral | Vitamins         | <b>FREE</b>    | Candy     | Pasta          |
| Grains           | Major<br>Mineral | Strawberry     | Milk      | Quantity       |
| Total<br>Cost    | Fish             | Iron&Sodium    | Nutrients | Fat<br>Soluble |

|              |                  |                  |                   |                    |
|--------------|------------------|------------------|-------------------|--------------------|
| <b>B</b>     | <b>I</b>         | <b>N</b>         | <b>G</b>          | <b>O</b>           |
| Carbohydrate | Cheese           | Pasta            | Nutrient<br>Dense | Mineral            |
| Calcium      | Trace<br>Mineral | Spinach          | Grains            | Candy              |
| Iron&Sodium  | Vitamin<br>B&C   | <b>FREE</b>      | Vitamins          | Vitamin<br>A D E K |
| Cake         | Soda             | Major<br>Mineral | Cucumber          | Fat                |
| Protein      | Per Unit         | Total<br>Cost    | Quantity          | Nutrients          |

|             |          |              |                  |                  |
|-------------|----------|--------------|------------------|------------------|
| <b>B</b>    | <b>I</b> | <b>N</b>     | <b>G</b>         | <b>O</b>         |
| Nutrients   | Cake     | Grains       | Almonds          | Mineral          |
| Chocolate   | Pasta    | Vitamin<br>D | Carbohydrate     | Water<br>Soluble |
| Water       | Cucumber | <b>FREE</b>  | Calcium          | Spinach          |
| Per Unit    | Egg      | Vitamins     | Cheese           | Soda             |
| Iron&Sodium | Fat      | Candy        | Major<br>Mineral | Fish             |