

F

V

M

D

G

strawberry

Mexican

chips

popcorn

grain

bread

spinach

lettuce

apple

seafood

asparagus

fish

any
food!

fruit

rice

fruit
juice

pineapple

dairy

grease

condiments

banana

beef

ice
cream

candy

meat

F	V	M	D	G
sunflower seeds	protein	pineapple	lettuce	rice
banana	beef	meat	grease	bread
ice cream	apple	any food!	fish	Mexican
grain	strawberry	vegetable	candy	asparagus
popcorn	chili	fruit	chips	dairy

F	V	M	D	G
ice cream	bread	pineapple	meat	chili
apple	vegetable	chips	sunflower seeds	squid
candy	rice	any food!	fruit juice	popcorn
Mexican	beef	grease	fruit	fast food
strawberry	asparagus	seafood	banana	spinach