

Processed Foods	8.5-10.0	Bran Cereal	Ice Cream	Dark Soda
Bones	Pizza	Fruit Punch	Beans	Nuts
Wheat Bread	Beer	Fast Food	Chips	Biscuits
Chocolate	Mac and Cheese	Cream Soups	Granola	Milk
Cheese	Candy Bars	Dietitian	Binders	Yogurt

Yogurt	Bones	Wheat Bread	Beer	Ice Cream
Fruit Punch	Bottled Tea	Beans	Processed Foods	Dark Soda
Biscuits	Chocolate	Bran Cereal	Fast Food	Chips
8.5-10.0	Candy Bars	Granola	Pizza	Milk
Cream Soups	Binders	Dietitian	Nuts	Cheese

Wheat Bread	Bottled Tea	Ice Cream	Mac and Cheese	Nuts
Yogurt	Dark Soda	Beer	Granola	Beans
Chocolate	Bran Cereal	Chips	Dietitian	Biscuits
8.5-10.0	Processed Foods	Pizza	Fast Food	Cream Soups
Milk	Candy Bars	Binders	Fruit Punch	Bones