

Name: _____

Foods For You

I N U H F G R A I N S C T M M R C
Z D H R T S T R A W B E R R I E S
Z K Z V E G E T A B L E S W X P P
X F X E Z V P V T B R O C C O L I
H E X H N O M H L P P X Q M H T K
D L O W F A T Y O G U R T W G T J
W U D X C F N M W M L R C A R K S
A Y J O A G O G F F L J C P H B T
T H Q E R F R P A R E Z B P A N L
E V M U R G T A T U T Q E L V R G
R R I Z O C M C M I T K Z E O K P
M U E Q T R R V I T U W U S C U B
E F M Z S B I T L S C P H M A G G
L M I R G I X Q K Z E E Q P D T D
O A S E M P E A R V J A Q L O U X
N S O P R O T E I N E S T D S N X
T O M A T O E S O V U P B D Y N W

LOW FAT YOGURT
VEGETABLES
TOMATOES
CARROTS
FRUITS
PEAS

LOW FAT MILK
WATERMELON
LETTUCE
PROTEIN
GRAINS

STRAWBERRIES
BROCCOLI
AVOCADO
APPLES
PEAR