

Name: _____

Date: _____

Foods To Help Improve Albumin Levels

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

PROTEIN BARS
HAMBURGER
BUFFALO
NEPRO
LAMB
BEEF

CORNISH HEN
LOBSTER
TURKEY
CLAMS
FISH

PORK CHOPS
CHICKEN
SHRIMP
VEAL
EGGS

MEATBALLS
CATFISH
SLAMON
TUNA
CRAB