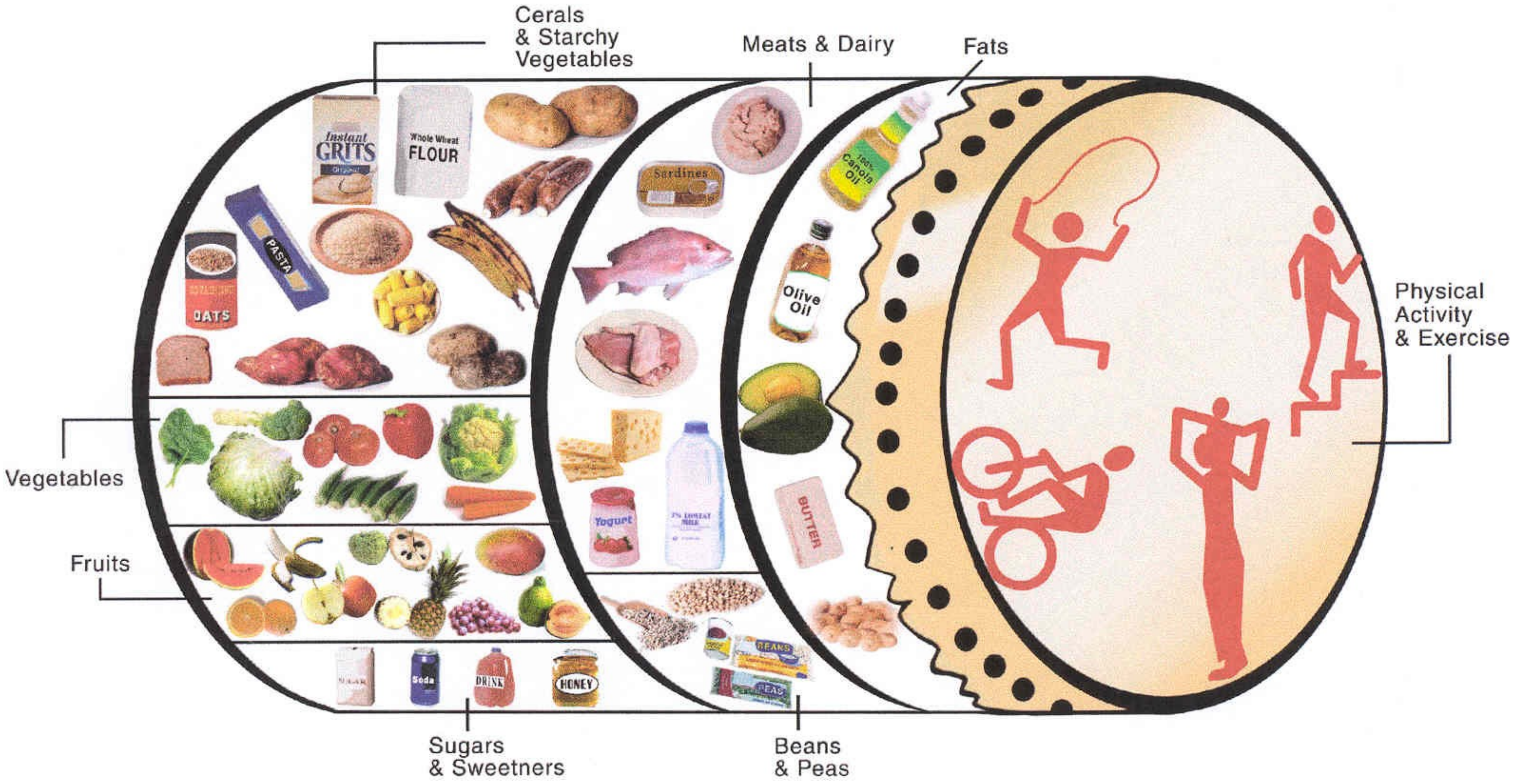
Cerals
& Starchy
Vegetables
Meats & Dairy
Fats
Instant GRITS
Whole Wheat FLOUR
Sardines
PASTA
OATS
100% Canola Oil
Olive Oil
Physical
Activity
& Exercise
Vegetables
Yogurt
BUTTER
Fruits
BEANS
PEAS
Soda
DRINK
HONEY
Sugars
& Sweeteners
Beans
& Peas