

Dairy Products

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Meats

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Vegetables

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Fruits

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Breads/Grains

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Other Items

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____