

Anna	apricots	ascorbic acid	asparagus	bananas
B-complex vitamins	beans	bell peppers	beta-carotene	Bill
bread, bread products	broccoli	cabbage	calcium	cantaloupe
carbohydrates	carbonated soft drinks	carrots	cereals	chicken
citrus	cooking	corn	dairy, dairy products	diet(s)
dried	eggs	enriched	fat(s)	fat-soluble
fiber	fish	folate	folic acid	food(s)
fortified	fresh	fruits	grains	grain products
grapefruit	green beans	health, healthful, healthy	iron	juices(s)
Kay, Kay's	kiwis	labels	lemons	liver
margarine	meal(s)	meat, meat & beans group, meat products	milk	milk products
mineral(s)	Mrs. Lee	mushrooms	MyPyramid	niacin
nutrients	Nuts	oils	oranges	peanut butter
peas	Pork	potatoes	poultry	processed, processing
protein(s)	pumpkins	raisins	retinoids	riboflavin
riboflavin	safflower	salt	sardines	seafood
shellfish	sodium	sodium chloride	soybean	spinach
strawberries	sugar(s)	sunflower	sweet potatoes	teaspoon
thiamin	tofu	tomatoes	tuna	vegetables
vitamin(s)	vitamin A	vitamin B1	vitamin B12	vitamin B2
vitamin B3	vitamin B6	vitamin B9	vitamin C	vitamin D
vitamin E	vitamin K	water	watermelons	water-soluble
whole-grain				