



Asparagus



Tomato



Carrots



Mushrooms



Banana



Pineapple



Mango



Regular soda























100% fruit juice











2 percent low-fat milk

 <p>Frozen 100% fruit juice bars</p>	 <p>Banana split</p>
 <p>Whole egg cooked with no fat</p>	 <p>Macaroni and cheese</p>
 <p>Mixed nuts</p>	 <p>Chicken wings</p>
 <p>Hamburger</p>	 <p>Hot dog</p>
 <p>French fries</p>	 <p>Onion rings</p>

 <p>Chocolate snack bar</p>	 <p>Chocolate chip muffin</p>
 <p>Biscuit</p>	 <p>Oatmeal with no sugar added</p>
 <p>Whole-grain bread</p>	 <p>Peanut butter and jelly sandwich on white bread</p>
 <p>Whole wheat pasta with tomato sauce</p>	 <p>Swiss cheese</p>
 <p>Pork rinds</p>	 <p>Tortilla chips</p>

 <p>Whole wheat Tortilla</p>	 <p>Tamales</p>
 <p>Corn with no butter</p>	 <p>Collard greens cooked without fat</p>
 <p>Flan</p>	 <p>Cornbread</p>
 <p>Pumpkin pie</p>	 <p>Hot sauce</p>
 <p>Black eyed peas</p>	 <p>Baked salmon</p>

 <p>Waffle</p>	 <p>Low-fat yogurt</p>
 <p>Black beans</p>	 <p>Sausage</p>
 <p>Low-fat microwave popcorn</p>	 <p>Pizza with veggies</p>
 <p>Trimmed lean beef</p>	 <p>Avocado</p>