

## FOOD GRAPH

Please look at the following lists of foods and circle the foods in each column which you eat regularly. Look at the pattern that your circles create and wait for your teacher to explain its significance.

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fruits  
 vegetables  
 non-fat milk/yogurt  
 peas, beans, lentils  
 whole grains  
 tuna, in water  
 bagels  
 bread  
 shellfish, broiled  
 turkey, white/no skin

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soups, non-creamy  
 fish, broiled  
 pancakes  
 milkshake  
 liver  
 muffins  
 milk, 2% low-fat  
 lowfat yogurt  
 pizza  
 turkey, dark meat  
 cottage cheese, creamed  
 chicken, no skin  
 yellow cake

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whole milk yogurt  
 chocolate cake  
 beef, lean only  
 whole milk  
 ice cream  
 fish, fried  
 chicken, with skin  
 granola  
 tuna salad  
 creamy soups  
 lamb; veal  
 ham  
 cheese  
 eggs  
 beef: ground, sirloin  
 pork: sausage; spareribs  
 peanut butter  
 nuts  
 bacon  
 hot dogs  
 cream cheese  
 creamy salad dressings  
 mayonnaise  
 butter, margarine, oil

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fruits, fresh  
 grains  
 whole grain cereals  
 peas, beans, lentils  
 popcorn, no salt

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vegetables, fresh  
 Kraft cheddar cheese  
 bread: white, wheat  
 corn flakes  
 Cheerios  
 ketchup  
 milkshake  
 mustard  
 low-fat cottage cheese  
 jello pudding

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danish  
 hot dog  
 tomato juice  
 canned vegetables  
 olives  
 frozen cheese pizza  
 instant soups  
 canned soups, stews  
 dill pickles  
 pancake mixes  
 fast foods  
 Big Mac/ Whopper  
 sauerkraut  
 Kentucky Fried Chicken  
 frozen dinners  
 crackers: eg. Ritz, saltines  
 potato chips  
 pretzels  
 soy sauce

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fresh fruit  
 bread, bagels  
 whole grain cereals  
 unsweetened cereals:  
 corn flakes  
 shredded wheat  
 puffed rice

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unsweetened fruit juice  
 ketchup  
 chewing gum  
 maple syrup  
 honey  
 jam, jelly

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sugar-coated cereals  
 cookies  
 brownies  
 fruit, canned in syrup  
 doughnut  
 chocolate sauce  
 chocolate milk  
 sponge cake  
 ice cream  
 chocolate bar  
 sherbet  
 soda pop  
 apple or cherry pie  
 yogurt, fruit at bottom  
 cake with icing

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Bran cereal  
 All Bran  
 100 % Bran  
 Bran Buds  
 Shredded wheat  
 parsnips  
 cracked wheat  
 Grape Nuts  
 grits  
 oatmeal  
 corn  
 lentils, beans

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peas  
 carrots, raw  
 apple with skin  
 potato with skin  
 celery, raw  
 zucchini  
 pear  
 strawberries  
 wholewheat bread  
 orange  
 popcorn  
 carrots, cooked  
 cabbage, raw  
 beets

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spinach  
 broccoli  
 cauliflower, raw  
 banana  
 melon  
 peach  
 green beans  
 brown rice  
 lettuce  
 cherries  
 white rice  
 white bread  
 fruit juice