Food Cards By Level and Food Category

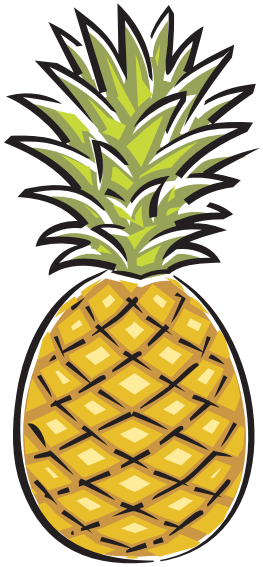
LEVEL 1	
Fruit	apples, strawberries, pineapple, orange slices, banana, grape
Vegetable	tomato, radish, carrot, corn, baked potato, broccoli
Protein	grilled chicken, scrambled eggs, hamburger, red beans, tuna fish, peanut butter
Grain	oatmeal, popcorn, whole wheat bread, brown rice, corn tortilla, spaghetti
Dairy	low-fat (1%) milk, 2% milk, chocolate milk, string cheese, yogurt, cheese cubes
Extra	French fries, chicken nuggets, fruit snacks, hot dog, oatmeal cookie, juice box
BLANK	One blank sheet to create your own cards

LEVEL 2	
Fruit	cherries, grapefruit, cantaloupe, peaches, tangerines, dates
Vegetable	beets, summer squash, sweet potato, cauliflower, mushroom, red pepper
Protein	pork chop, baked beans, turkey, fish, refried beans, meatloaf
Grain	whole wheat crackers, macaroni, wild rice, whole wheat burger bun, corn flakes, pita
Dairy	cottage cheese, milkshake, pudding, Swiss cheese, soy milk, fruit smoothie
Extra	potato chips, chocolate chip cookies, cake, salad dressing, candy bar, pepperoni pizza

LEVEL 3	
Fruit	watermelon, raspberries, dried apricots, lemon, fried plantain, avocado
Vegetable	radicchio, pumpkin, jicama, vegetable soup, spinach salad, eggplant
Protein	peanuts, hummus, veggie burger, steak, sausage links, black bean soup
Grains	couscous, bagel, English muffin, animal crackers, graham crackers, cereal
Beverage	tap water, flavored water, sport drink, cola, fruit punch, apple juice orange juice, lemonade, hot chocolate, coffee, diet cola, fruit sport drink
Extra	fruit pie, crackers and cheese spread, ramen noodles
Combination	chef salad, lasagna, cheese pizza

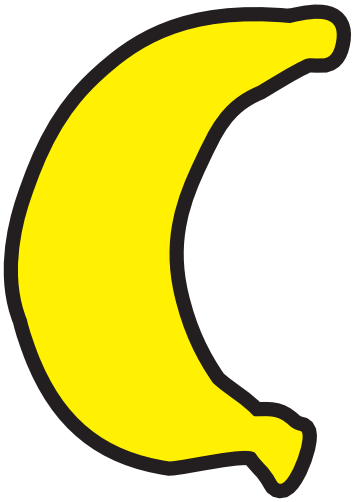
LEVEL 1 apples

LEVEL 1 strawberries

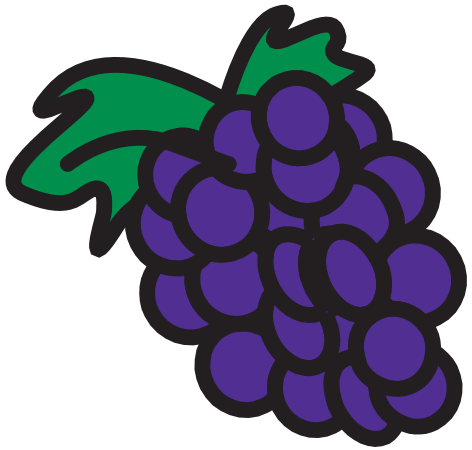


LEVEL 1 pineapple

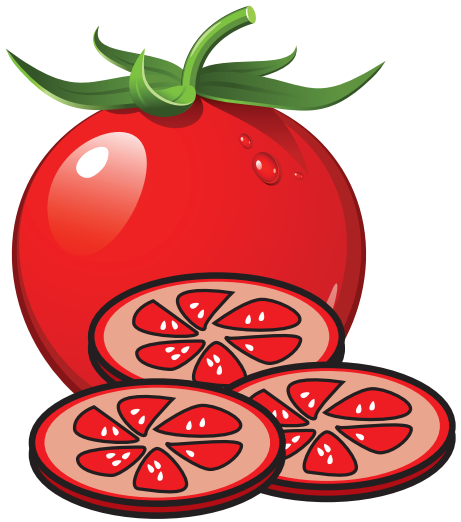
LEVEL 1 orange slices



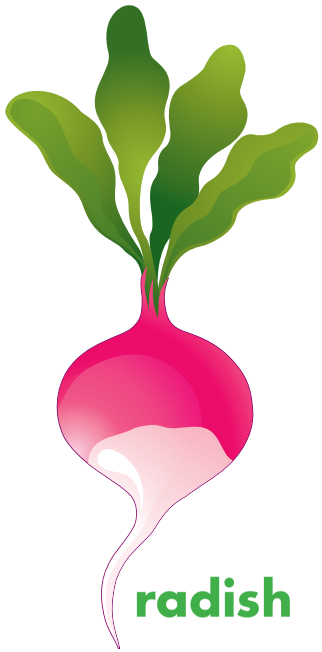
LEVEL 1 banana



LEVEL 1 grape

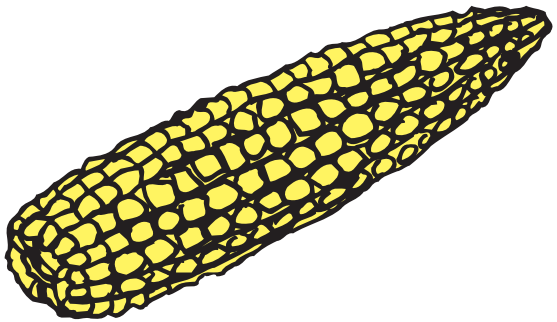


LEVEL 1 tomatoes

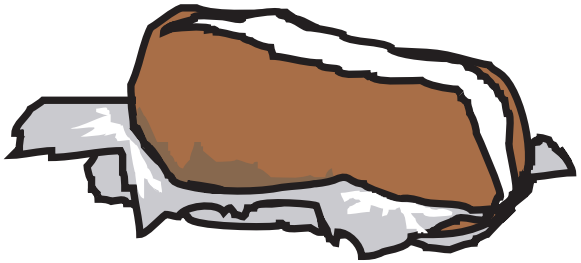


LEVEL 1 radish

LEVEL 1 carrots

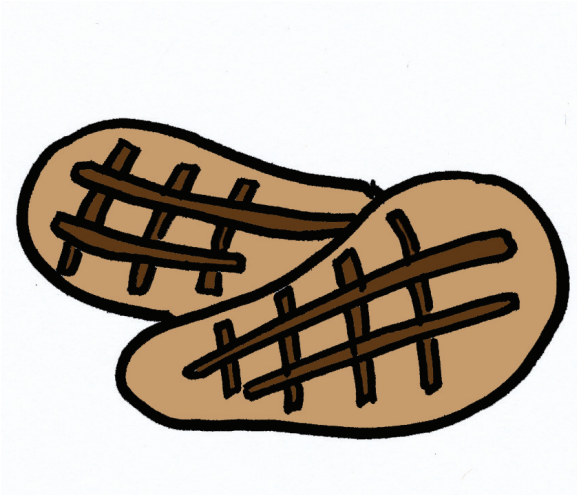


LEVEL 1 corn



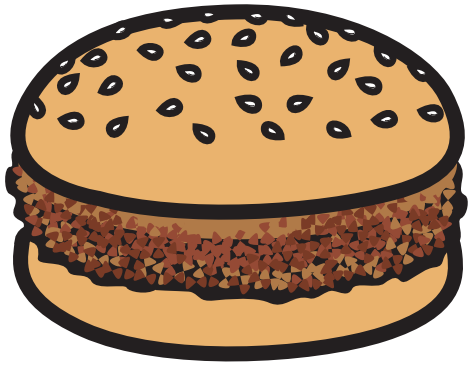
LEVEL 1 baked potato

LEVEL 1 broccoli



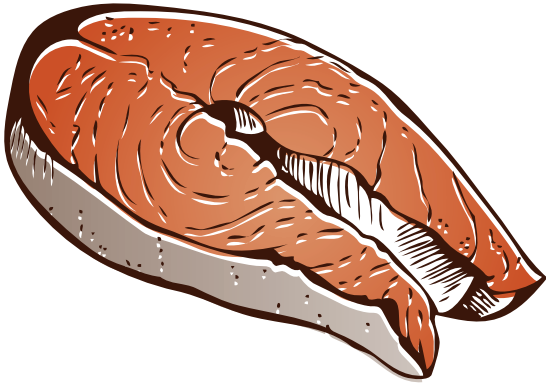
LEVEL 1 grilled chicken

LEVEL 1 scrambled eggs



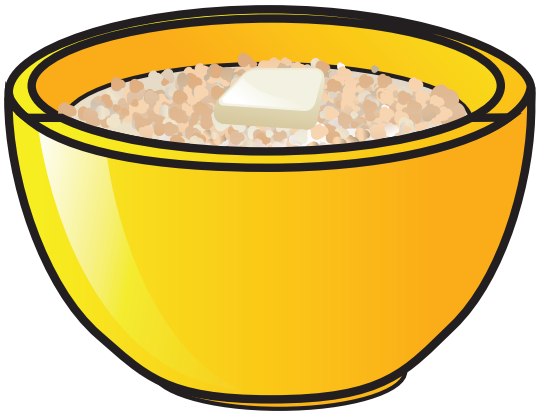
LEVEL 1 burger

LEVEL 1 red beans



LEVEL 1 tuna fish

LEVEL 1 peanut butter

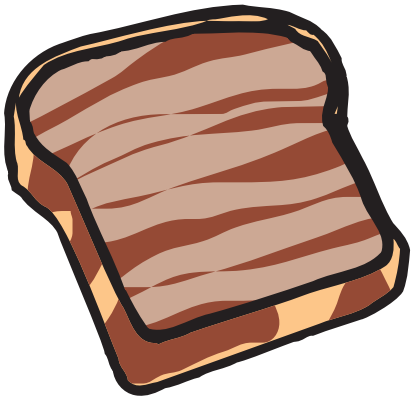


LEVEL 1

oatmeal

LEVEL 1

popcorn

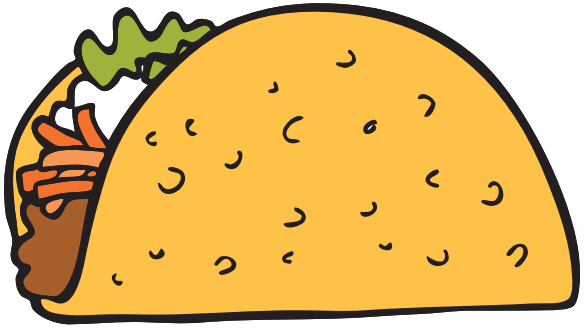


LEVEL 1

whole wheat bread

LEVEL 1

brown rice

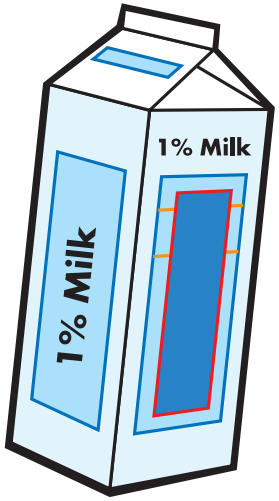


LEVEL 1

corn tortilla

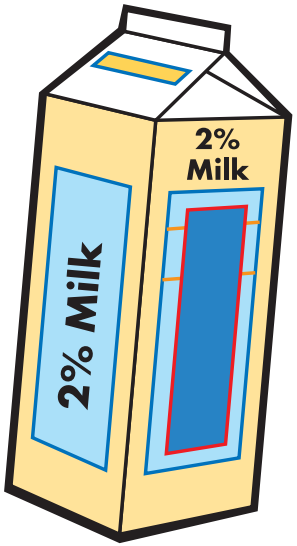
LEVEL 1

spaghetti



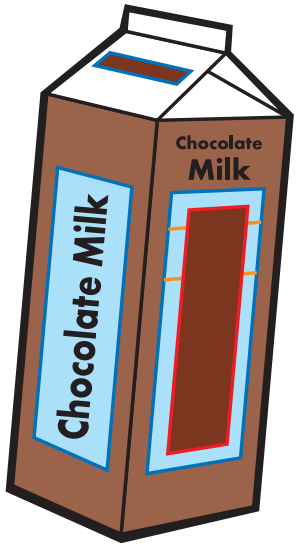
LEVEL 1

1% milk



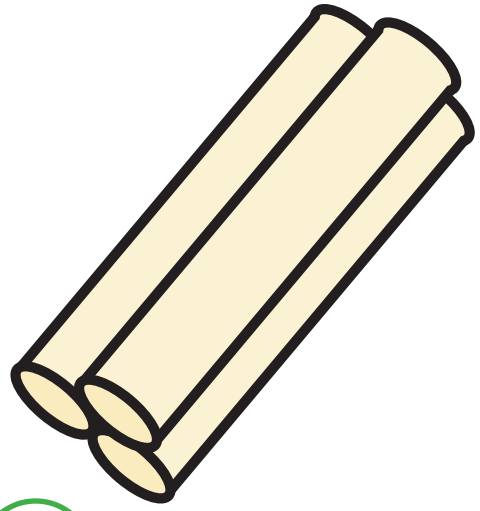
LEVEL 1

2% milk



LEVEL 1

chocolate milk

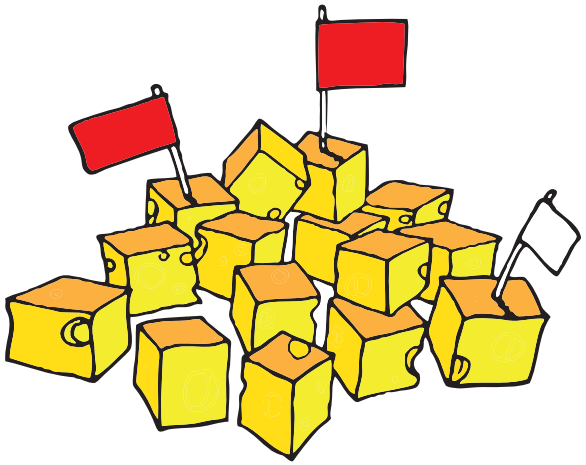


LEVEL 1

string cheese

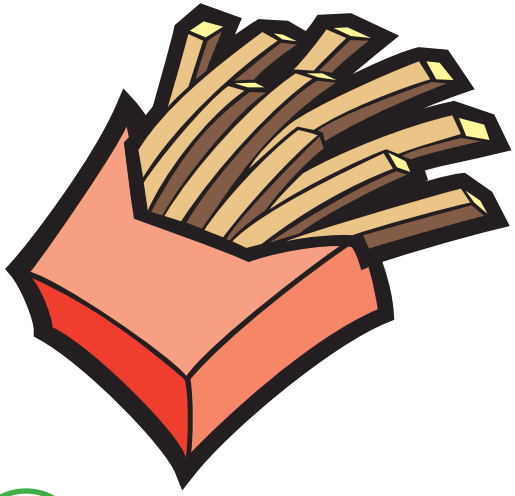
LEVEL 1

yogurt

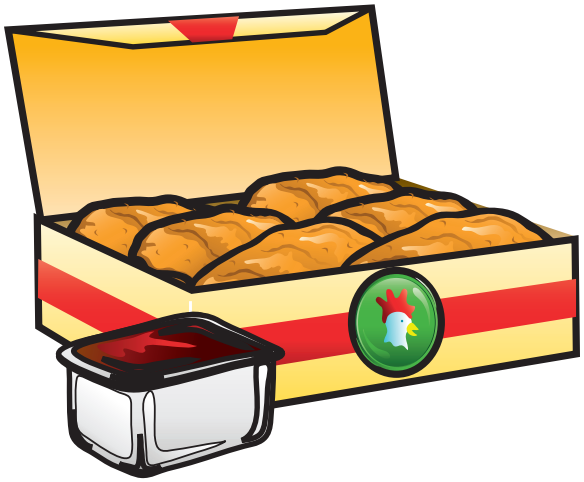


LEVEL 1

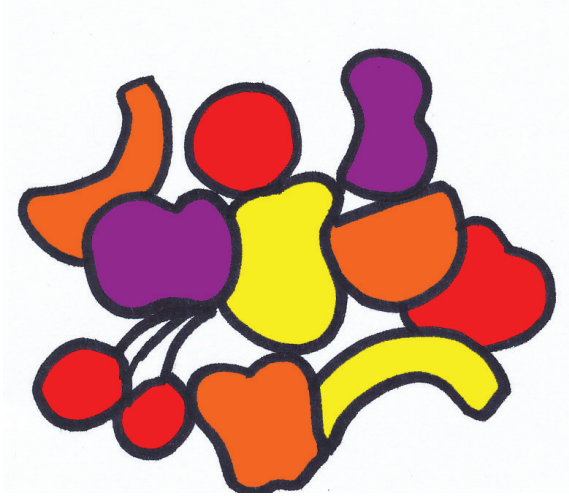
cheese cubes



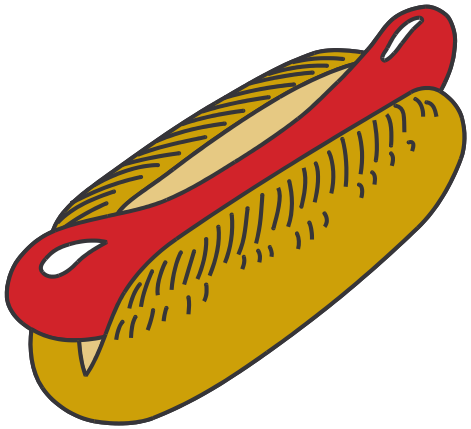
LEVEL 1 **french fries**



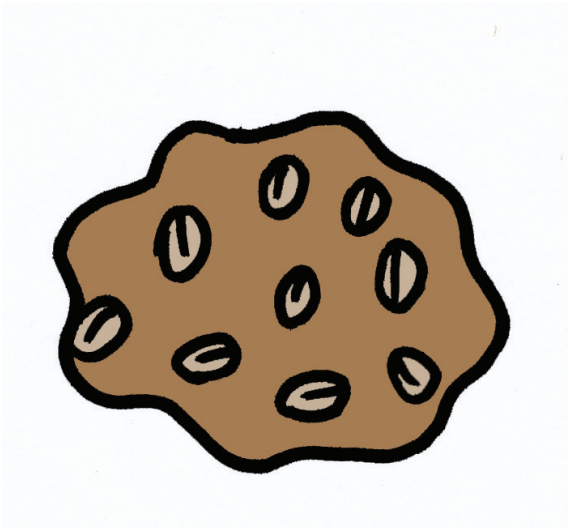
LEVEL 1 **chicken nuggets**



LEVEL 1 **fruit snacks**



LEVEL 1 **hot dog**



LEVEL 1 **oatmeal cookie**

LEVEL 1 **juice box**

LEVEL 1

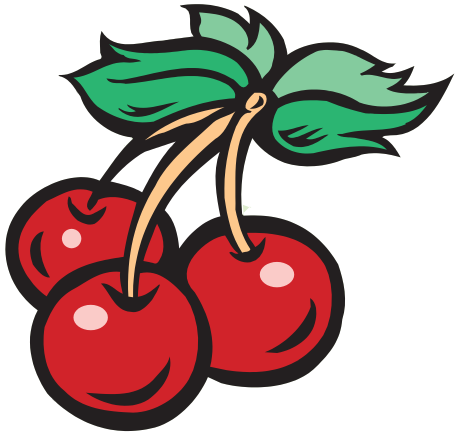
LEVEL 1

LEVEL 1

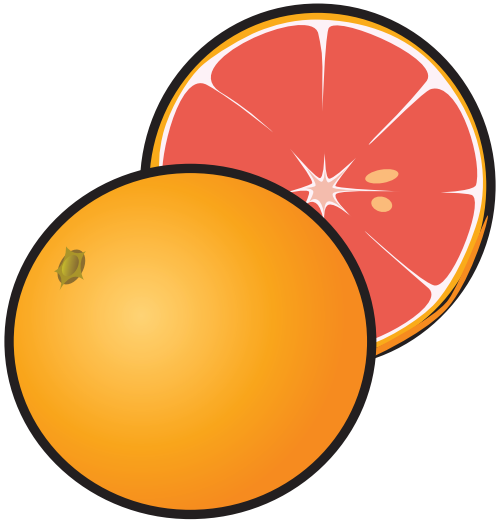
LEVEL 1

LEVEL 1

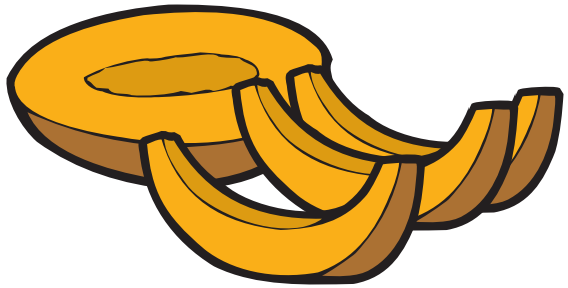
LEVEL 1



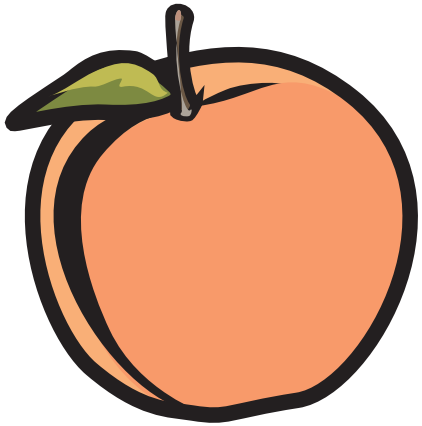
LEVEL 2 cherries



LEVEL 2 grapefruit

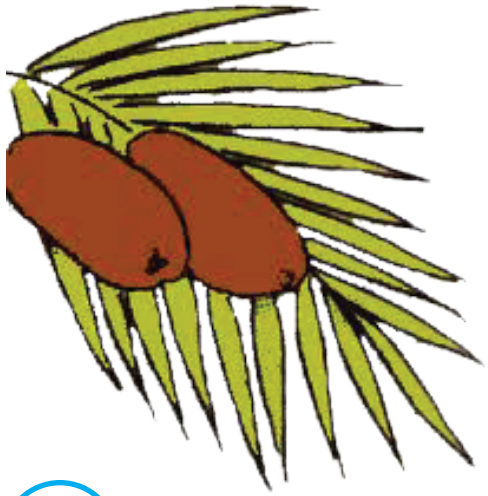


LEVEL 2 cantaloupe

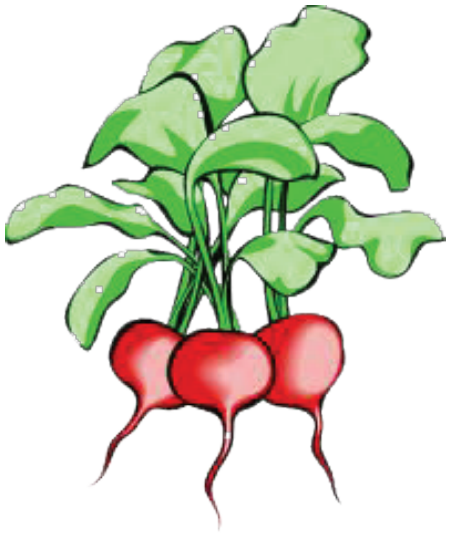


LEVEL 2 peaches

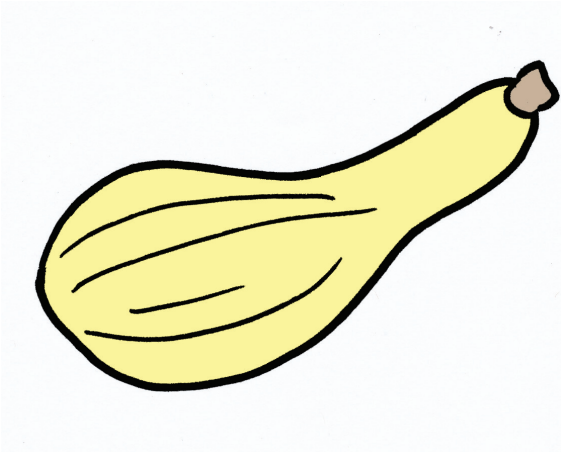
LEVEL 2 tangerines



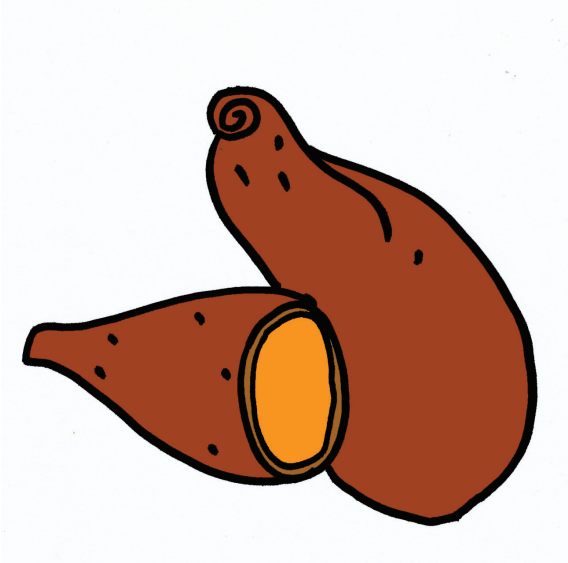
LEVEL 2 dates



LEVEL 2 beets

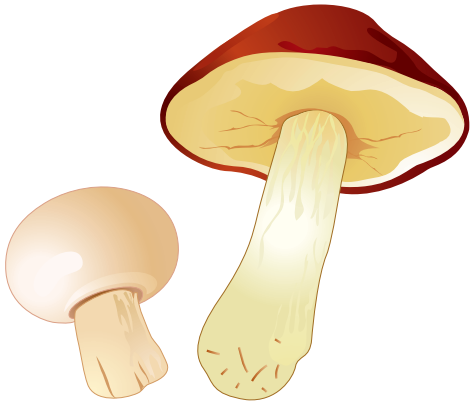


LEVEL 2 summer squash

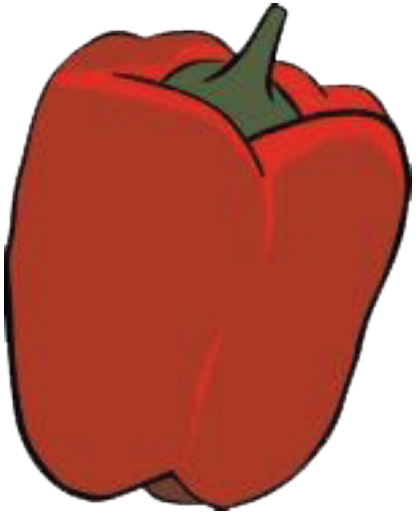


LEVEL 2 sweet potato

LEVEL 2 cauliflower

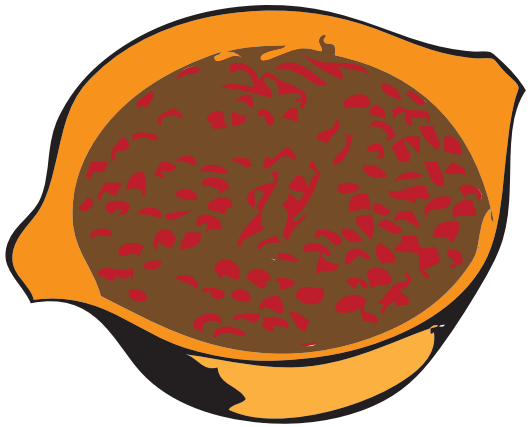


LEVEL 2 mushroom

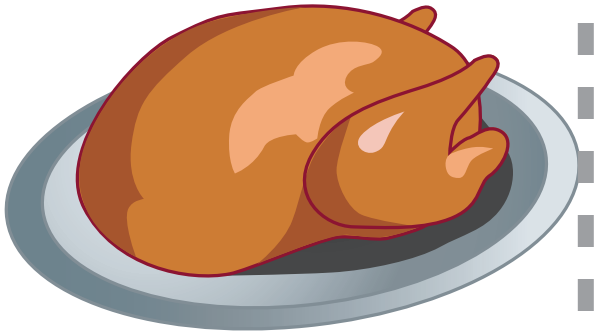


LEVEL 2 red pepper

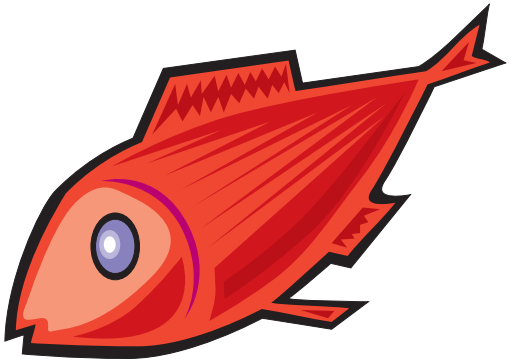
LEVEL 2 pork chop



LEVEL 2 baked beans

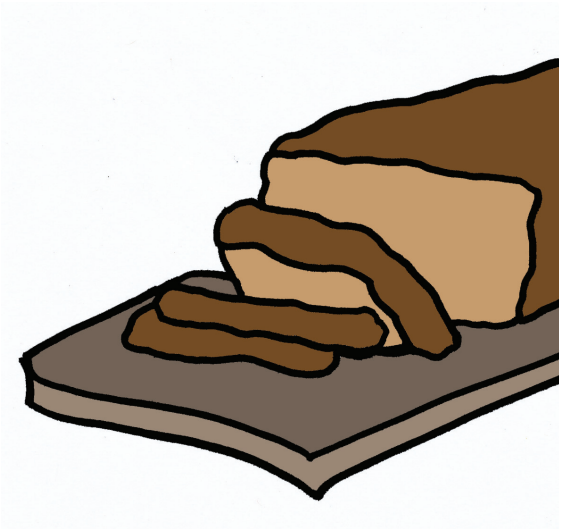


LEVEL 2 turkey

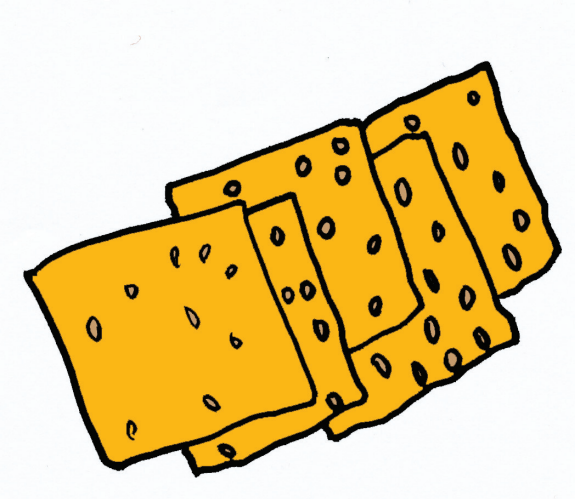


LEVEL 2 fish

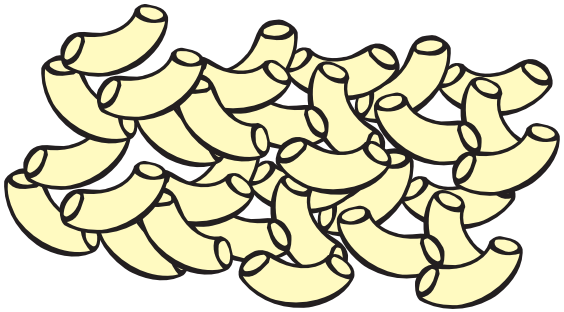
LEVEL 2 refried beans



LEVEL 2 meatloaf

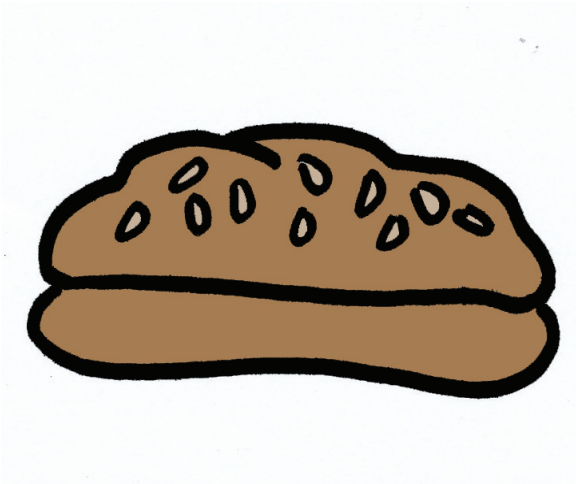


LEVEL 2 whole wheat crackers

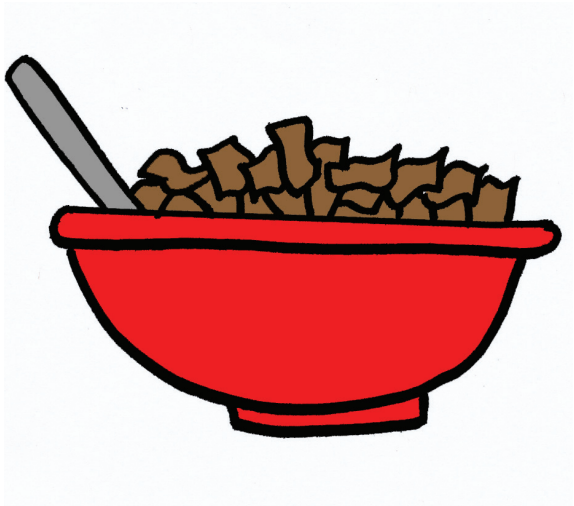


LEVEL 2 macaroni

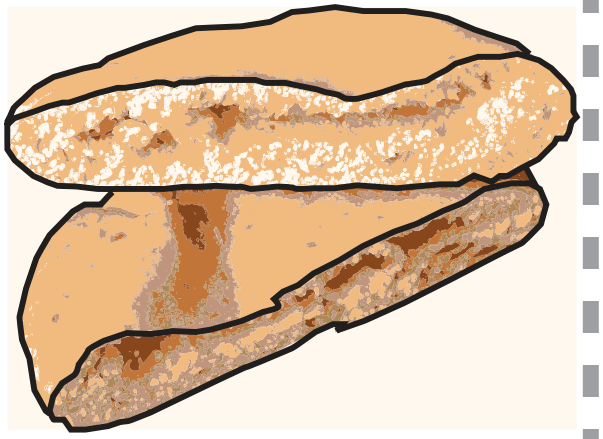
LEVEL 2 wild rice



LEVEL 2 whole wheat burger bun

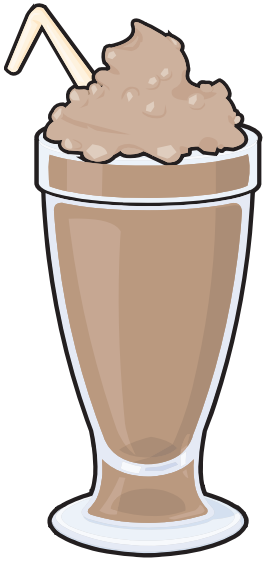


LEVEL 2 corn flakes

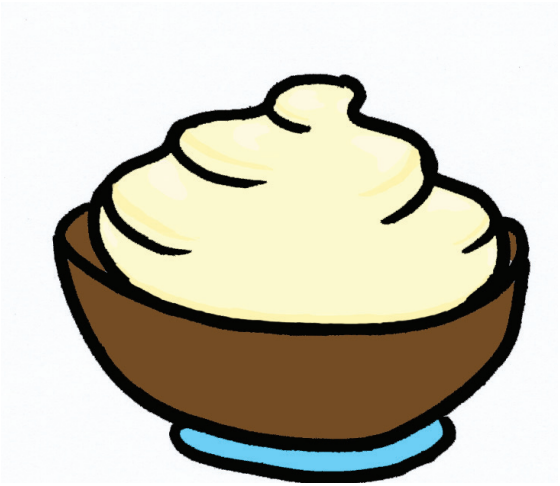


LEVEL 2 pita

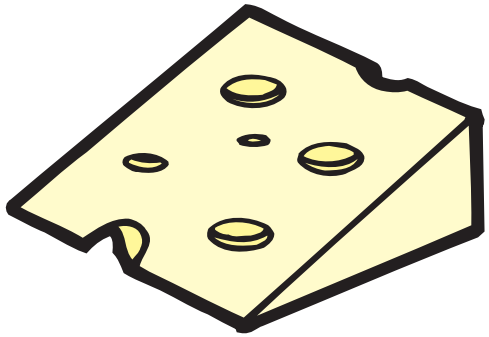
LEVEL 2 cottage cheese



LEVEL 2 milkshake



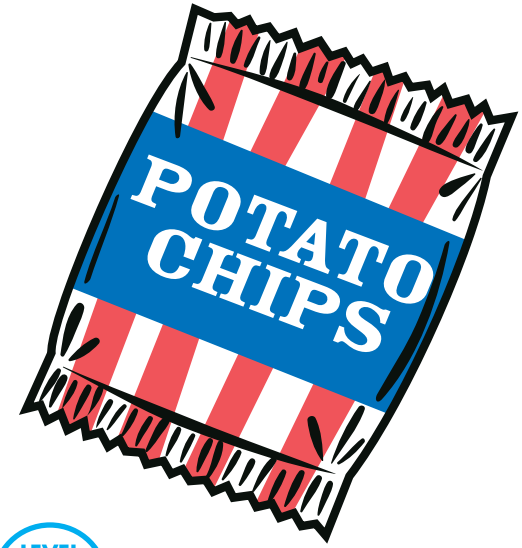
LEVEL 2 pudding



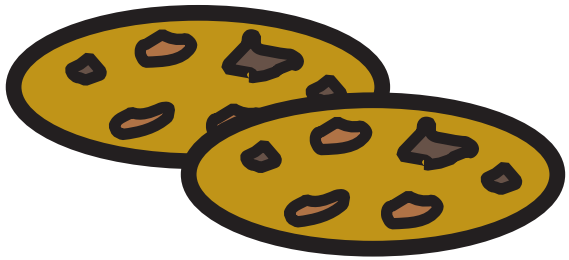
LEVEL 2 Swiss cheese

LEVEL 2 soy milk

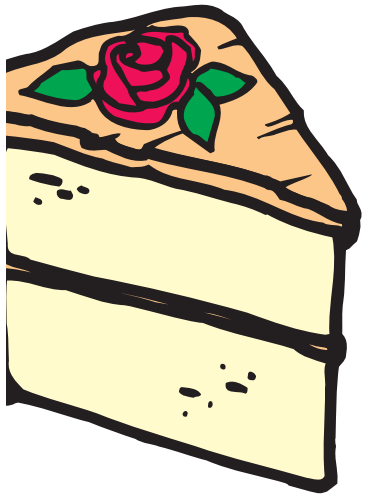
LEVEL 2 fruit smoothie



LEVEL 2 potato chips



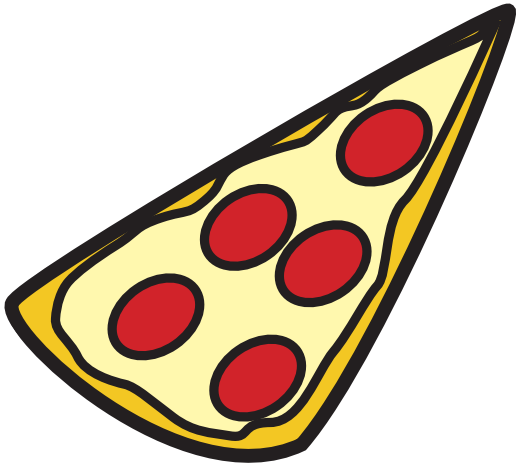
LEVEL 2 chocolate chip cookies



LEVEL 2 cake

LEVEL 2 salad dressing

LEVEL 2 candy bar



LEVEL 2 pepperoni pizza

LEVEL 2

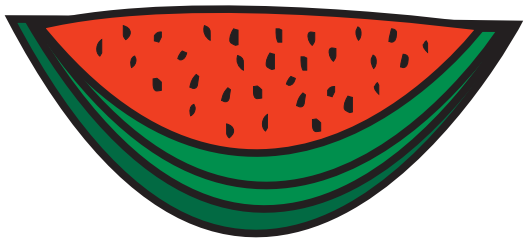
LEVEL 2

LEVEL 2

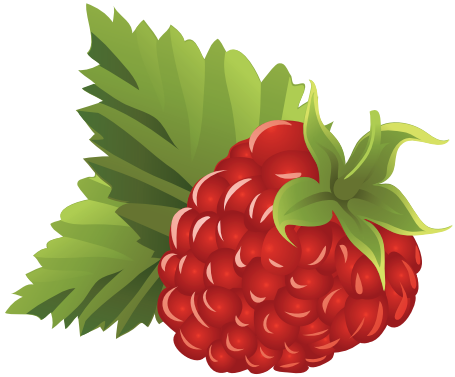
LEVEL 2

LEVEL 2

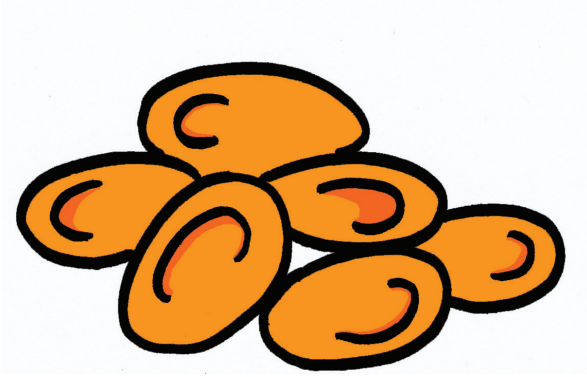
LEVEL 2



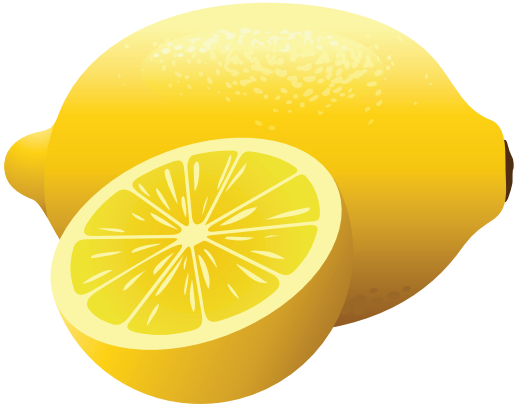
LEVEL 3 watermelon



LEVEL 3 raspberries



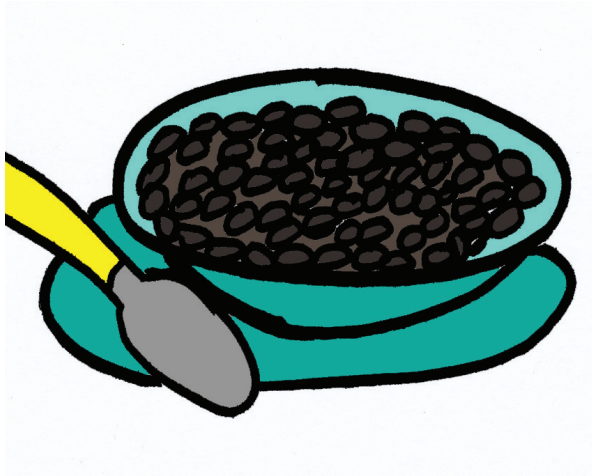
LEVEL 3 dried apricots



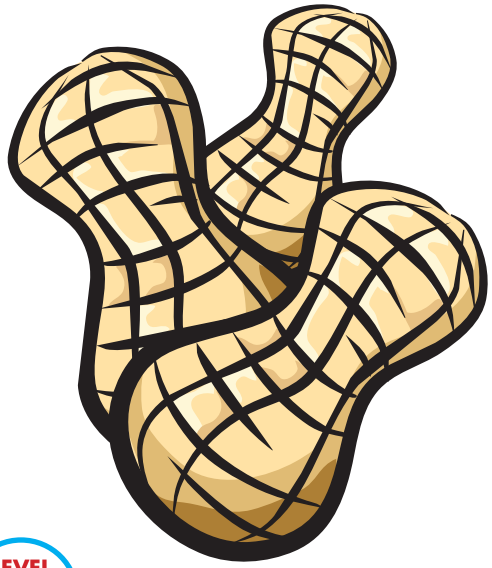
LEVEL 3 lemon

LEVEL 3 fried plantain

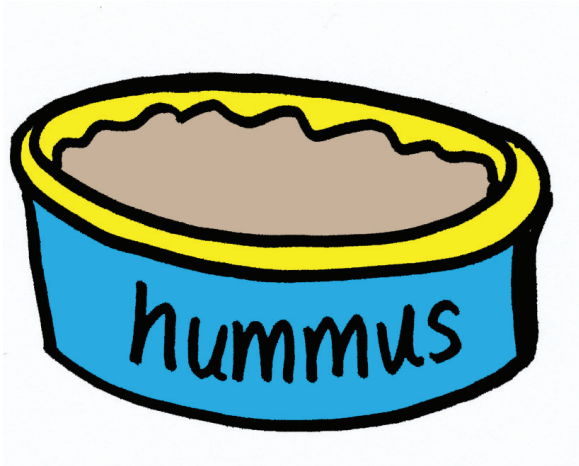
LEVEL 3 avocado



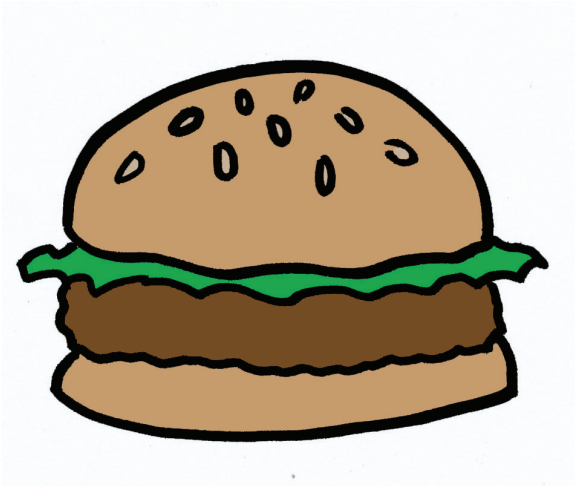
LEVEL 3 black bean soup



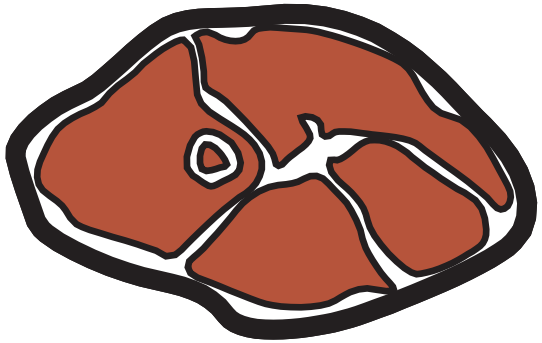
LEVEL 3 peanuts



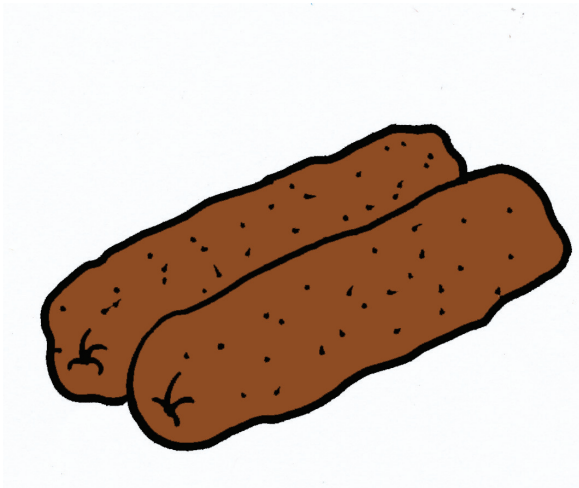
LEVEL 3 hummus



LEVEL 3 veggie burger

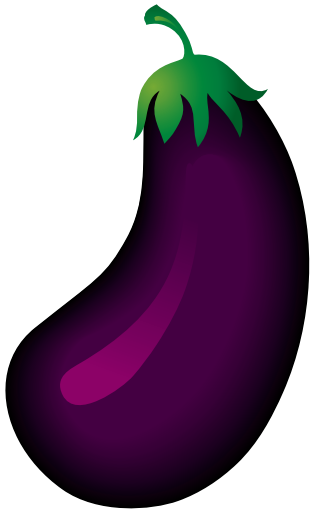


LEVEL 3 steak

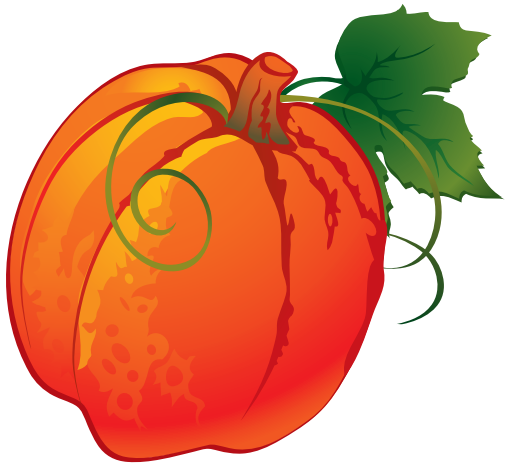


LEVEL 3 sausage links

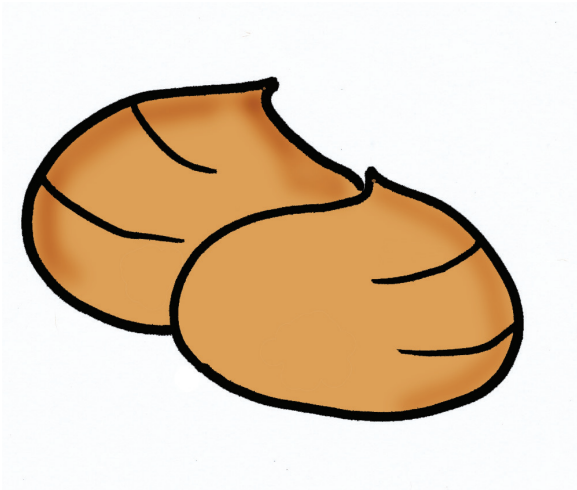
LEVEL 3 radicchio



LEVEL 3 eggplant



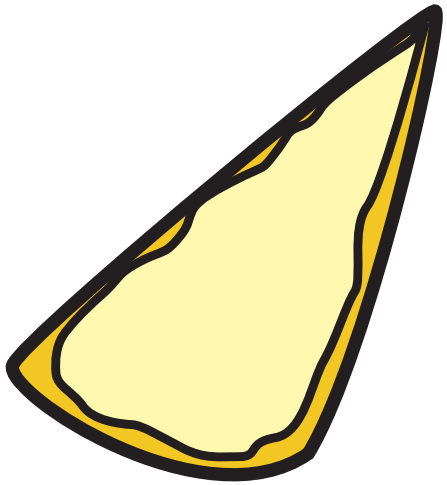
LEVEL 3 pumpkin



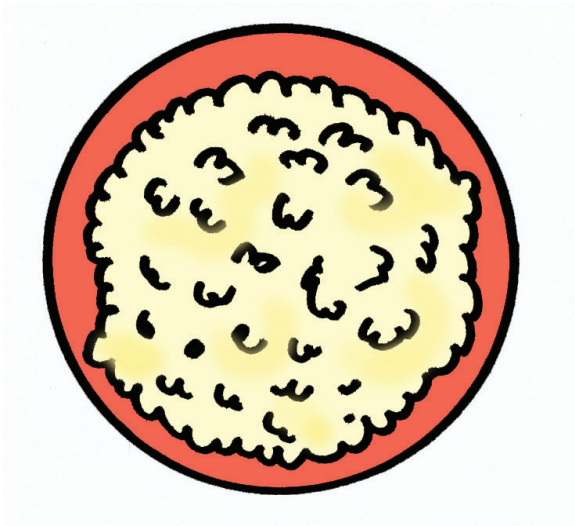
LEVEL 3 jicama

LEVEL 3 vegetable soup

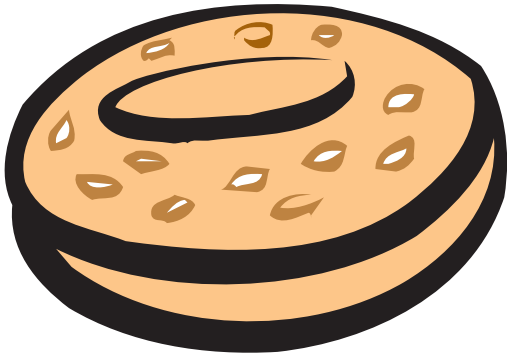
LEVEL 3 spinach salad



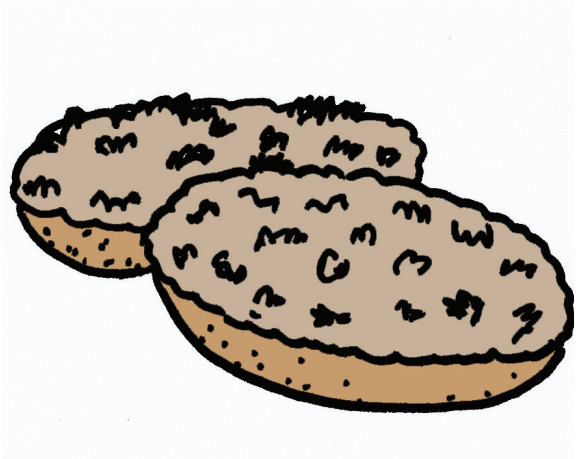
LEVEL 3 cheese pizza



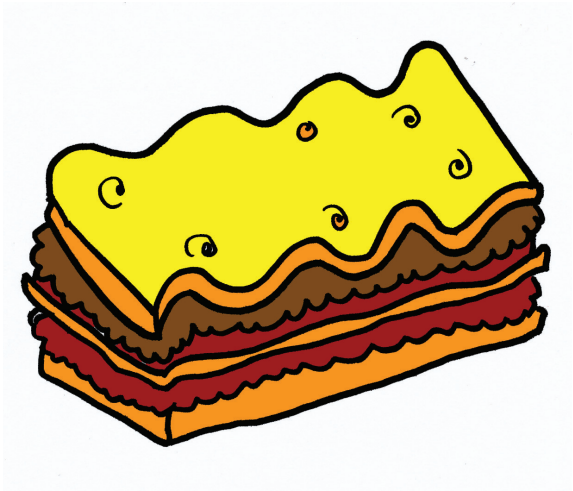
LEVEL 3 couscous



LEVEL 3 bagel



LEVEL 3 english muffin



LEVEL 3 lasagna

LEVEL 3 cereal

LEVEL 3 fruit sport drink

LEVEL 3 tap water

LEVEL 3 flavored water

LEVEL 3 sport drink

LEVEL 3 cola

LEVEL 3 fruit punch

LEVEL 3 apple juice

LEVEL 3 orange juice

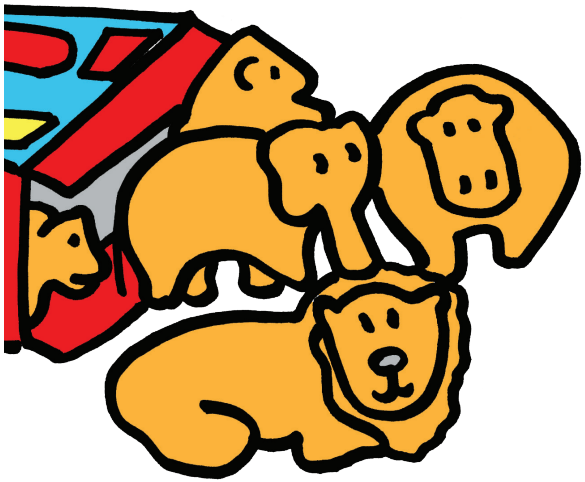
LEVEL 3 lemonade

LEVEL 3 hot chocolate

LEVEL 3 coffee

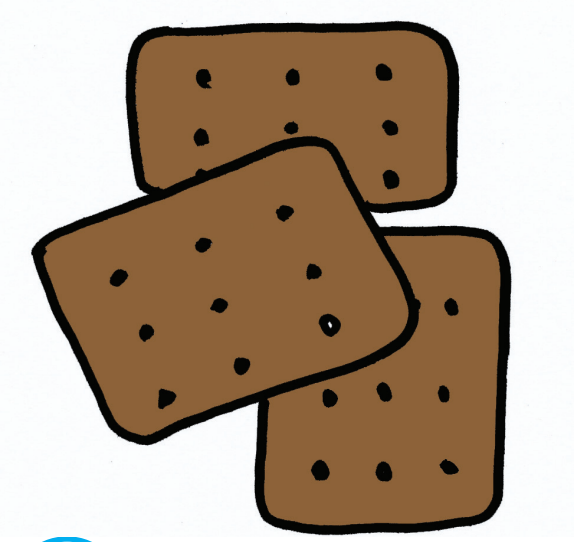
LEVEL 3 diet cola

LEVEL 3 **ramen noodles**

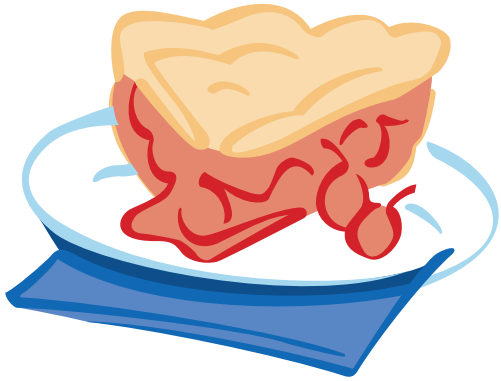


LEVEL 3 **animal crackers**

LEVEL 3 **chef salad**



LEVEL 3 **graham crackers**



LEVEL 3 **fruit pie**

LEVEL 3 **crackers and cheese**

LEVEL 3

LEVEL 3

LEVEL 3

LEVEL 3

LEVEL 3

LEVEL 3