



# Going to the Grocery Store



**fruit**

**vegetable**



# FOOD

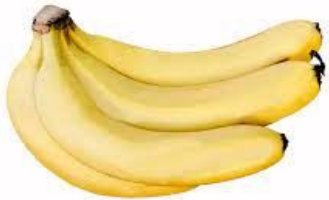


**meat**

**dairy**



# FRUIT



**banana**



**apple**



**orange**



**grapes**



**lemon**



**strawberry**



**blueberry**

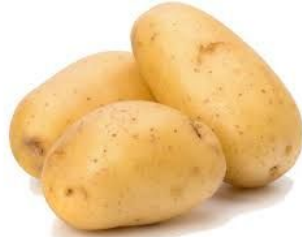


**lime**

# VEGETABLE



**carrot**



**potato**



**lettuce**



**onion**



**tomato**



**broccoli**



**mushroom**



**garlic**

# MEAT



chicken



beef



bacon



salmon / fish



sausage



turkey

# DAIRY



**milk**



**butter**



**cheese**



**cream**



**yogurt**

# TYPES OF MILK



**fat free milk /  
nonfat milk**



**2% milk**



**half and half**

**less fat**



**lowfat milk /  
1% milk**



**full fat milk /  
whole milk**

**more fat**



**heavy  
whipping  
cream**

\*read labels

# BUTTER



unsalted butter  
= no salt



salted butter  
= salt

# YOGURT



Plain yogurt  
= no flavor,  
no sweetener



Sweetened yogurt  
= sweetener  
added, different  
flavors



# MORE FOOD



**cereal**



**beans**



**eggs**



**oatmeal**



**rice**



**bread**