

# Starchy, proteins and dairy

A	A	M	W	H	E	A	T	K	I	T	K	W	Y
S	S	N	A	E	B	L	D	K	S	L	O	E	A
T	W	C	S	P	E	L	E	G	G	S	L	O	M
L	C	H	N	O	O	D	L	E	S	A	F	O	E
I	F	H	Y	O	G	U	R	T	T	I	O	E	R
T	U	S	L	C	O	R	N	O	S	L	A	A	T
I	S	B	G	I	N	K	I	H	H	E	C	I	R
O	H	R	E	E	S	E	E	H	C	M	I	L	K
A	A	E	Y	B	N	S	E	O	T	A	T	O	P
S	M	A	H	T	E	E	O	S	B	I	E	A	L
O	O	D	F	E	E	B	H	E	S	E	G	L	K
A	L	E	C	H	I	C	K	E	N	E	S	A	A
N	K	F	A	L	T	T	L	E	N	T	I	L	S
C	E	R	E	A	L	S	P	A	S	T	A	I	L

CEREALS  
 NOODLES  
 RICE  
 LENTILS  
 CHEESE  
 FISH  
 BREAD  
 YAM  
 WHEAT  
 EGGS  
 MILK  
 YOGURT  
 HAM  
 BEANS  
 CORN  
 PASTA  
 CHICKEN  
 POTATOES  
 BEEF

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