Foods that come from plants

Fruits
- Apples
- Bananas
- Watermelon
- Peaches
- Oranges
- Pears

Vegetables
- Lettuce
- Carrots
- Potatoes
- Spinach
- Broccoli

Grains
- Rice
- Oatmeal
- Bread
- Crackers
- Pasta
- Popcorn

Beans
- Kidney beans
- Lima beans
- Lentils
- Pinto beans
- Peas

Nuts & Seeds
- Peanuts
- Sunflower seeds
- Almonds
- Walnuts
- Sesame seeds

Foods that come from animals

Eggs

Poultry
- Chicken
- Turkey
- Duck

Fish
- Tuna
- Cod
- Sardines

Pork
- Ham
- Sausage
- Bacon

Beef
- Steak
- Hamburger
- Roast beef

Dairy
- Milk
- Cheese
- Yogurt

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