

Low-fat milk

Cheese

Yogurt

Cottage Cheese

String Cheese

Ice Cream

Peas

Broccoli

Carrot

Lettuce

Potato

Squash

Strawberry

Apple

Orange

Banana

Peach

Kiwi

Tortilla

Granola

Rice

Pasta

Popcorn

Bread

Refried Beans

Almond

Chicken

Fish

Egg

Peanut Butter

Bacon

Candy

Fruit Roll-Up

Cookie

Fast-Food French Fries

Ketchup

Dancing

Soccer

Swimming

Playing Video Games

Watching TV

Listening to Music

