1. Eating raw or undercooked chicken or cookie dough may lead to a _____ infection.
2. Although considered a vegetable, _____ are neither a plant nor an animal.
3. Meat, seafood, eggs, beans, and nuts are all part of the _____ group and are essential for muscle growth.
4. The five food groups, according to the MyPlate model, are fruits, _____, vegetables, protein, and dairy.
5. Complex carbohydrates provide long lasting _____.
6. Dairy is a great source of _____ which helps build stronger bones.
7. Avocados have more _____ than bananas and are a great source of healthy fats.
8. Rinsing your canned beans will reduce _______.

For more information, contact:
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