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| Protein | Chicken |
| Vitamins | Dairy |
| Low Fat | Diet |
| Honey | Grape Fruit |
| Egg Whites | Nuts |
| Almonds | Granola  |
| Wheat Bread | Whole Grain |
| Water | No Smoking |
| Multivitamins | Swimming |
| Weight Scale | Raisin |
| Yogurt | Cheese |
| Exercise  | Treadmill  |
| Weight Lifting |  |