

PROTEIN-RICH FOODS

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

BEANS
CHEESE
CHICKEN
EGGS
HAM
MILK
NUTS
SEEDS
SOY
YOGURT



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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