

## Variety in the Diet

t v b f e e i f c i t a r a  
n r f o i t y o a m e i g r  
e e r o d y m o r e t a e m  
e l u d a e e d b a a i h r  
b b i p i l t g o p r f r p  
a a t y r d u r h a g s i l  
a t v r y m g o y l e e a a  
d e a a g y h u d s n c b n  
v g r m a l i p r i n r u t  
t e i i b b r s a c e r a b  
v v e d g l e n t i l s i a  
i g t i b a c t e r i a o s  
h g y n u t r i e n t s a e  
b a a n i m a l b a s e d d

- lentils
- food pyramid
- variety
- fruit
- meat
- dairy
- plant based
- animal based
- vegetable
- bacteria
- gut
- nutrients
- food groups
- carbohydrate