

Circle the foods that help digestion

Instructions: Look at the list of foods below. Circle the foods that are good for digestion. Cross out the ones that do not help digestion.



Food List:

- Broccoli
- Soda
- Yogurt
- Candy
- Apple
- Potato Chips
- Whole-Grain Bread
- Water
- Fried Chicken
- Banana
- Ice Cream
- Brown Rice
- Beans
- Sugary Cereal
- Leafy Greens

