

Blood Training Worksheet 2

Trainee Name _____

<u>Sample</u>	<u>KM Results</u>	<u>Notes</u>
<u>Vegetables/ Food</u>		
Red Grapes		
Red Cabbage		
Cantaloupe		
Radish		
Celery		
Onion		
Spinach		
Lettuce		
Carrot		
Broccoli		
Tomato		
Peas		
Raisins		
Mushroom		
Artichoke		
Cauliflower		
Ketchup		
Cucumber		
Beef meat		
Chicken meat		
Cola		
Red Lipstick		
Red Ink		
Catalase		
Peroxidase		
Rust		
Dirt		

Jennifer A. Ellwell