

Name: _____

EAT WELL GUIDE

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

CARBOHYDRATES

NUTRITIONS

VEGETABLE

EAT WELL

PROTEIN

CALCIUM

ENERGY

SUGAR

DAIRY

FRUIT

IRON

OIL