

# Exercise

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

brown rice      wholewheat      Vegetables      olive oil  
chicken          seaweed          berries          Salads  
beans            fish              oats              wine  
nuts