

Name: _____

Date: _____

Healthy Eating

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

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|------------------|--------------|-------------|-------------|------------|
| green vegetables | home cooking | cauliflower | whole wheat | tangerines |
| less carbs | moderation | cheat day | lean meat | less fat |
| portions | broccoli | cabbage | bananas | raisins |
| carrots | celery | fruits | grapes | orange |
| grill | broil | baked | fiber | salad |
| pears | apple | bran | menu | peas |