

Healthy Eating

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

Berries

Granola

Oatmeal

Banana

Yogurt

Grains

Fruit

Honey

Water

Apple

Eggs

Milk