

Name: \_\_\_\_\_

# Healthy Living 2018

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

saturated fat  
potassium  
vitamins  
breathe  
yogurt  
fig

cholesterol  
nutrition  
exercise  
calcium  
water

moderation  
hydrated  
spinach  
avocado  
fiber

cranberry  
calories  
stretch  
protein  
label