

Name: _____

Date: _____

Healthy Nutritional Choices

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

Grain Products
Vegetables
Minerals
Snacks
Fats

Dairy Products
Superfoods
Vitamins
Fruits

Carbohydrates
Nutrients
Calories
Meals

Balanced Diet
Proteins
Healthy
Water