

Name: _____

Date: _____

Period: _____

How Food Choices Influence Health

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

High Blood Pressure
bone strength
bone density
vegetables
legumes
fruits
diets

type two diabetes
carbohydrates
whole grains
Exercise
walking
sodium
fiber

saturated fats
Heart Disease
body weight
calcium
cancer
stroke
liver