

Name: _____

Date: _____

NuDay ~ Foods U Need More Of

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

asparagus	artichoke	mushroom	cucumber	spinach	lettuce	lentils
cabbage	biscuit	avocado	apricot	tomato	squash	salmon
raisin	radish	potato	pickle	orange	greens	garlic
butter	banana	salad	peach	onion	melon	lemon
fruit	berry	apple	tofu	rice	peas	pear
okra	oats	kale	flax	fish	corn	beet
yam	rye					