

Southern Culture

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

Diabetes Mellitus	Type II diabetes	Atherosclerosis	Type I diabetes
Family history	Carbohydrates	Hyperglycemia	Whole grains
Healthy diet	Hypertension	Cholesterol	Fried foods
Salted pork	Exercise	Pastries	Potatoes
Protein	Fruits	Greens	Sugar