

TOPSY-KOPSY TURVY

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

CARBOHYDRATES
VEGETABLES
COUNTING
VITAMINS
SODIUM
DAIRY
OFF

ANTIOXIDANTS
GOOD FATS
WEIGH-IN
PROTEINS
BREADS
FRUIT

FOOD GROUPS
CELEBRATE
STARCHES
SENSIBLY
POUNDS
MEAT

ALTERNATES
CALORIES
MINERALS
CEREALS
SUGAR
KEEP