



# Healthy Eating



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

Diet Carrots Peas Nuts Butter Tomatoes

Fruit Vegetables Protein Carbohydrates Fat Minerals Vitamins

Eggs Potatoes Beans Fish Meat