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

   meat       mood swings       unhealthy skin       Heart dieseas       Rickets       depression       obesity       diabetes       balanced       water       fibre       minerals       protein       dairy       fats       fruit       vitamins       Carbohydrates       diet