|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Good Health

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

   limit large servings       read nutrition label       butter       olive oil       limit saturated fats       no high sugar drinks       drink water       maintain healthy weight       whole grains       high fiber       Healthy snacks       Eat three meals       Grains       Vegetables       Fruits       Calcium       Dinner       Lunch       Breakfast       Food Groups       Balanced diet       ChooseMyPlate       Physical acticvity       Low sodium