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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Healthy Living 2018

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

   spinach       cholesterol       saturated fat       stretch       hydrated       water       cranberry       breathe       calcium       fig       fiber       calories       label       potassium       avocado       vitamins       protein       moderation       exercise       yogurt       nutrition