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

healthy diet

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

   carrot       chicken       rice       cherries       strawberries       organic       milk       bananas       water       carbohydrates       vegtables       fruit       apples       health       food