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

   chicken       fish       brown rice       cauliflower       apples       oranges       sodium       serving size       vegetables       fruits       vitamin D       supplements       low fat dairy       whole grains       protein       water       foods       hydrated       fact label       healthy plate       nutrients