

Name: _____

Date: _____

Healthy Eating

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

Meats and alternatives

Fruits and Vegetables

Grain Products

Macronutrients

Micronutrients

Carbohydrates

Milk Products

Minerals

Proteins

Vitamins

Water

Fats