

Healthy Eating

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

Treat Yourself
Vegetables
Minerals
Variety
Fruit

Healthy Snacks
Hydration
Vitamins
Happy
Tea

Mindful Eating
Enjoyable
Portions
Water

Feel Better
Breakfast
Balanced
Lunch