

Healthy Eating for Seniors



These 20 words all have to do with healthy eating choices.

- BALANCED
- BEANS
- BROILED
- CALCIUM
- FAT FREE
- FIBER
- FISH
- FOOD PYRAMID
- FRUITS
- GOOD FATS
- LEAFY GREENS
- LEAN MEATS
- LOWFAT DAIRY
- LOW SODIUM
- POULTRY
- PROTEIN
- VARIETY
- VEGETABLES
- VITAMINS
- WHOLE GRAINS

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

