

Healthy Eating

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

RICE
 PASTA
 PULSES
 VEGETABLES
 BANANA
 TASTY
 PEPPERS
 WATER
 FRUIT
 SPICES
 APPLE
 HERBS
 STRAWBERRY
 PROTEIN
 SUGAR
 LABEL
 VITAMINS
 POTATOES
 ENERGY
 HEALTHY
 YOGHURT
 DAIRY
 OILS
 MILK

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