

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

Find all these healthy hidden words. Cross 'em out as you go along!

Fruits

Protein

Dairy

Diet

Vegetables

Grains

Health

Eat

Fat

Water

Exercise

Nutrition

Find all the hidden words!

Did You Know?

One serving of fruit equals the size of a yo-yo.

snackertracker™

■■■■■■ making healthy simple & fun!