



Healthy Foods

Michelle Guidry

t e t s a o r l e t e k i s n a e b o
o t g r a n o l a t s a p o p c o r n
s b r e h n h o m e m a d e i h m o u
l o l k s p i c e s n p f r l e l c t
a t a c s k c a n s y h t l a e h c r
r s s a l m o n r u l f g t m s a o i
e x e r c i s e i h t r i r o e s l t
n e i c c i g a c r a r e b s w d i i
i r r n v n e h h p a t i e e h n b o
m c o e i v e g e t a b l e s r a u n
u i l g t a t f d w r p t i n k h r i
i l a g a e r o b p p p f i e t h e o
c r c s m u r g r a o - l l e j s c n
l a s i i t i r e t t u b t u n a e p
a g l t n n n n a l i r l r f r w i n
c e s a s o i t d m o l u t o a l p i
i n l n m p o u s l i h l g r i t t m
i i c e r e a l s a c l w a o y l s u
c v l t s t a f w o l a k u s y e t c

Nutrition	Vitamins	Calcium
Fats	Fiber	Exercise
Minerals	Calories	Whole Grain
Rice	Pasta	Fruits
Vegetables	Fish	Poultry
Meat	Eggs	Beans
Cheese	Milk	Nutrients
Enriched Breads	tortillas	cereals
Receipts	Healthy Snacks	Wash Hands
Yogurt	Salmon	Peanut Butter
Broccoli	Grapefruit	Pineapple
Watermelon	Sweet Potatoes	Homemade
Granola	Popcorn	Herbs
Spices	Crackers	Jell-O
Gingersnaps	Low fat	Bake
Broil	roast	Onion
Garlic	Vinegar	Cilantro
Lime	Lemon	Cumin