

# Healthy Eating

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

WATER  
 PORTION SIZES  
 CHEW  
 MEALS  
 GREENS  
 VEGGIES  
 LEAN MEAT  
 RAW  
 HEALTHY FATS  
 FRESH  
 SEA SALT  
 GRILLED  
 DELICIOUS  
 SALAD  
 AIR FRIED  
 FRUIT  
 COLOUR  
 GROCERY  
 MINERALS  
 STEAMED  
 CRUNCHY

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