

National Nutrition Month

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

- POTASSIUM
- CALCIUM
- CHOLESTEROL
- APPLE
- CHICKEN
- SUGAR
- EGGS
- FLUIDS
- SODIUM
- ALBUMIN
- FISH
- FOOD LABEL
- MRS DASH
- PHOSPHORUS
- SPICES

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