

Healthy Eating

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

ANTIOXIDANTS
COLORFUL
FRESH
GREEN
ORANGE

PURPLE
RAW
RED
STEAMED
SUNSHINE

SUPERFOOD
WHOLE
YUMMY