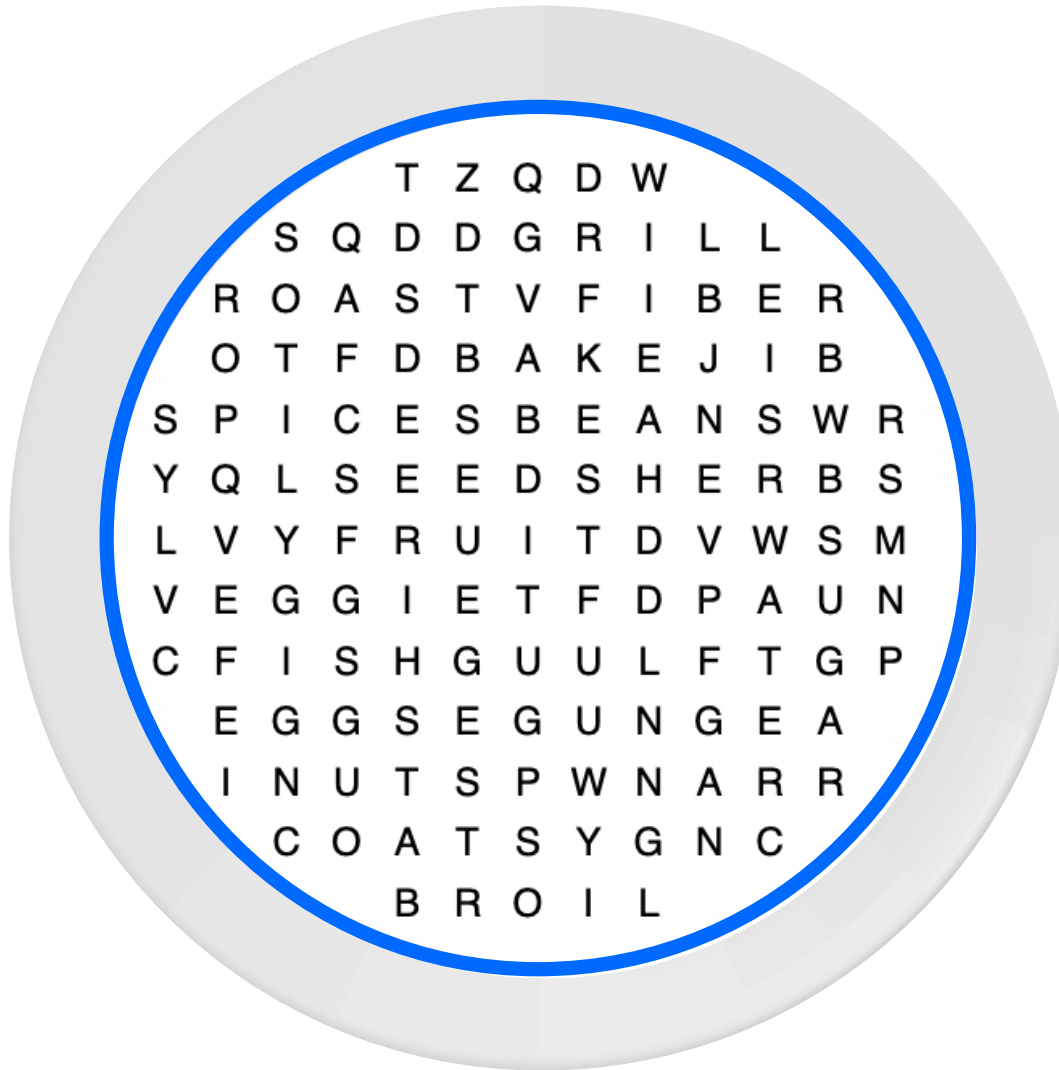


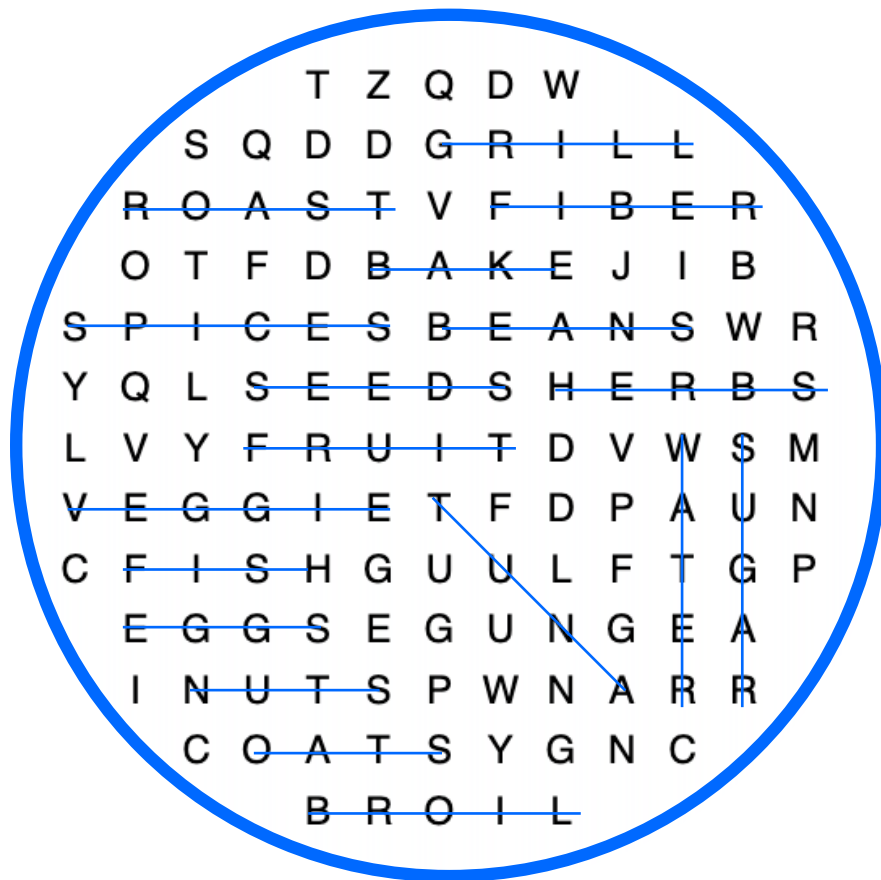
Making Healthy Food Choices Word Search



- BAKE
- EGGS
- FISH
- NUTS
- OATS
- TUNA
- BEANS
- BROIL
- FIBER
- FRUIT
- GRILL
- HERBS
- ROAST
- SEEDS
- SUGAR
- WATER
- SPICES
- VEGGIE

Making Healthy Food Choices

Word Search Key



Tips from the National Institute of Diabetes and Digestive and Kidney Disease

Nutrition Tips for a Healthy Meal Plan

- Eat a variety of fruits, veggies, and whole grains.
- Choose veggie toppings such as spinach, mushrooms, broccoli, and peppers for your pizza.
- Try to choose foods with little or no added sugars.
- Eat moderate amounts of lean protein such as loin or round meat cuts, poultry without the skin, fish, or beans and nuts.
- Cook with a mix of spices and herbs instead of salt.
- Try baking or broiling meat, chicken, and fish instead of frying.
- Work your way down from whole milk to a lower fat milk, like 2%, 1%, or fat-free (skim).
- Eat foods made from whole grains, such as whole wheat, brown rice, and oats.