

Good Eats

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk of heart disease, including heart attack and stroke. Eat them raw, cooked, frozen, blended into smoothies—however you like! Take a look at the list of fruits and veggies below. Then use the code to find each food in the word search puzzle. *Tip - Use the highlighter tool to select your words.*

CODE

- Circle each food you eat at least once or twice a month.
- Draw a box around foods you've tried but still don't eat very often.
- Lightly shade in the foods you've never tried.

Note: Words are horizontal, vertical, and diagonal but not backward.

On the back of this page, list the names of five foods you boxed or shaded in. Then challenge yourself to add these fruits and veggies to your plate in the next 30 days.

FRUITS

apples
apricots
bananas
blackberries
cantaloupe
dates
grapes
kiwi fruit
mangoes
nectarines
oranges
papaya
pears
pineapples
plums
pomegranate
raspberries
starfruit
watermelon

VEGETABLES

artichokes
arugula
beets
broccoli
cabbage
chickpeas
corn
eggplant
endive
jicama
kale
kidney beans
leeks
lentils
okra
radishes
snow peas
Swiss chard
zucchini

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