

## Healthy Fats Word Find

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

HEALTHY SKIN  
HAIR  
ENERGY  
SUNFLOWER  
BRAIN DEVELOPMENT  
POLYUNSATURATED

MONOUNSATURATED  
OLIVE OIL  
WALNUTS  
AVOCADO  
VITAMIN ABSORBTION  
FISH

SATISFIED  
BALANCE  
MOOD  
SEEDS  
WHOLE FOODS  
NUTS

