

# Healthy Holiday Feasting Wordfind



November means Thanksgiving—the beginning of that time of year when many of us are tempted to abandon our healthy eating habits. This wordfind contains 20 words all having to do with sensible holiday food choices. Follow a few guidelines and be extra aware of what you are eating and drinking, and you'll have something to really be thankful for when you step on the scale in January!



- AWARENESS
- EXERCISE
- FAT FREE
- FRUITS
- HIGH FIBER
- LOW CALORIE
- LOW FAT
- LOW SODIUM
- MODERATION
- NUTRIENTS
- PORTION CONTROL
- POULTRY
- PROTEIN
- ROASTING
- SALADS
- SKINLESS
- VEGETABLES
- VITAMINS
- WATER
- WHOLE GRAIN

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

