



# Fruits and Veggies



The USDA has just increased the recommended number of servings of fruits and vegetables to 5-9 servings per day. Hidden in this wordfind are 16 healthy fruit and veggie choices. Can you find them all?

- BANANA
- BELL PEPPER
- BLUEBERRY
- BROCCOLI
- CANTALOUPE
- CAULIFLOWER
- CUCUMBER
- GRAPEFRUIT
- GREEN BEANS
- RADISH
- RASPBERRY
- SPINACH
- STRAWBERRY
- TOMATO
- WATERMELON
- ZUCCHINI

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

