

Healthy Living for Elders: Scrambling for the Best Foods¹



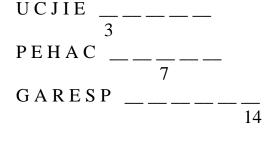
Unscramble the following words to spell some of the fo that are best for good health. Then, write down each of the numbered letters on the blanks below to figure out the message!

ods	Elder Nutrition and Food Safety
the	

DAIRY FOODS

GOUYTR	
5 4	
KIML	
6	
	700
DDOTEIN EOODS	

FRUITS

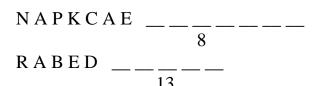




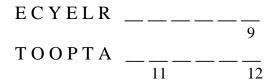
PROTEIN FOODS

EBANS	S _		 	
		1	2	
FSHI_				
	10			

GRAIN FOODS



VEGETABLES







MESSAGE:

1	2	3	4	5	6	7	8	9	10	11	12	13	14

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