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

DAIRY
G O U Y T R ________
E H E C E S ________

FRUITS
U C J I E ________
P E H A C ________
G A R E S P ________

PROTEIN FOODS
T I P N O E B N A S
F S H I ________
B M L A ________

GRAINS
N A P K C A E ________
R A B E D ________

VEGETABLES
E C Y E L R ________
T O O P T A ________

MESSAGE:

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