

# Healthy Eating: Strategies for Eating Alone<sup>1</sup>

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Eating alone may not always be our first choice, but there are many ways to make eating alone more enjoyable. Examples include listening to music or a book on tape, watching television, calling a friend or family member, choosing pleasant lighting, or eating outside in the fresh air. Can you find the following strategies in the word search below?

**Music • Book • Television • Phone • Lighting • Outside**

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



Figure 1. Try eating outside in the fresh air.  
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