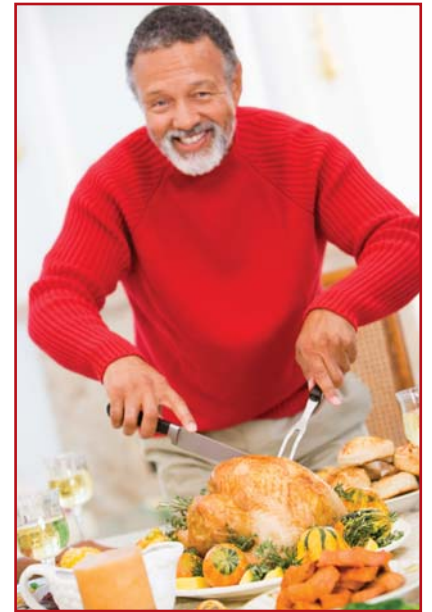


The Gift of Healthy Holiday Dining

Did you eat all your leftover Halloween candy? Do you usually stuff yourself more than the turkey at Thanksgiving? 'Tis the season...to pay a little extra attention to your food choices. This month's puzzle contains 20 things to remember as you go through the buffet at parties and sit down to holiday feasts. Being mindful of your dining choices will give you something to celebrate 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

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| L | T | S | N | L | D | B | E | T | N | M | S | R | Y | L |
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| 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 |
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| T | H | P | I | A | L | F | T | I | Y | O | A | F | D | O |
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