

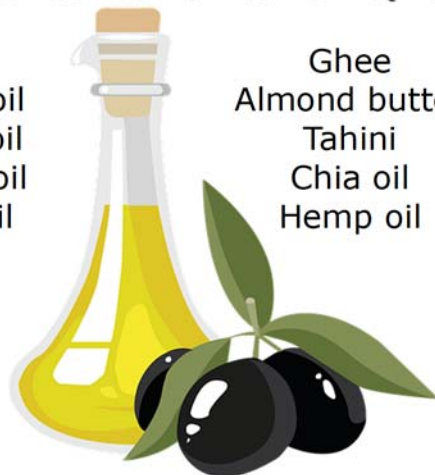


Name _____

Healthy Fats Word Search

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

Olive oil
Avocado oil
Coconut oil
Flaxseed oil
Walnut oil



Ghee
Almond butter
Tahini
Chia oil
Hemp oil

Macadamia nuts
Pecans
Brazil nuts
Pumpkin seed oil
Sesame seeds