



Name _____

Heart Healthy Foods Word Search

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

Vegetables
 Fruits
 Grains
 Protein
 Fiber

Vitamins
 Minerals
 Salads
 Nuts
 Portions

Legumes
 Smoothie
 Wholegrain
 Avocado
 Yogurt

