



# Seniors and Nutrition

The foods we eat can make a big difference when it comes to healthy aging! Find 20 words all having to do with a nutritious diet in this puzzle.



LEAN PROTEIN

LEGUMES

MINERALS

MODERATION

NUTRIENTS

NUTRITIONIST

OLIVE OIL

PORTION

VEGETABLES

VITAMINS

WATER

WHOLE GRAINS

DAIRY  
DIETITIAN  
DOCTOR  
FIBER

FISH  
FRUITS  
HEALTHY FATS  
LABELS

