

## WIN A **LIVING WELL COOKBOOK** !

Print, solve and return the completed word search puzzle to:

no later than **April 1st** and you'll be entered in a random drawing to win a **Living Well Cookbook**. This spiral-bound cookbook includes over 100 tried and tested recipes (main courses, salads, soups, snacks, apps and more).

### Building a Healthy Eating Routine

*The benefits of healthy eating add up over time, bite by bite!*

**Eat a Healthy Diet.** Fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy or fortified soy alternatives are healthy choices. Include a variety of protein foods such as seafood, lean meats, poultry, beans, peas, lentils, nuts, and eggs.

**Enjoy fruits and vegetables.** No matter your age, fruits and veggies provide key nutrients and dietary fiber. Their colors, flavors, and textures make meals more enjoyable.

**Be mindful of your nutrient needs.** Focus on dietary changes that increase your dietary fiber, calcium, and vitamin D, and decrease added sugars, saturated fat, and sodium. Make the best choice for your needs by comparing nutrition and ingredients information by reading the Nutrition Facts label.

**Go easy on the salt.** Choose fresh foods when possible or low-sodium packaged foods. Add flavor to foods with spices and herbs and skip the salt shaker at the table.

**Shift your sweet tooth.** Choose foods with little or no added sugars and drink water or unsweetened sparkling water in place of soda or juice. Fruits are naturally sweet and packed with nutrients.

### Healthy Eating Resources

Visit [www.mmhg.org/wellness](http://www.mmhg.org/wellness) for a calendar of free wellness events including healthy cooking and nutrition webinars.

View webinar: Real Food Revolution [HERE](#)

Savory Living is an online nutrition, healthy cooking and behavior change program. It's free to employees of MMHG member units (limited spaces available)! Learn more: [www.savoryliving.com/MMHG](http://www.savoryliving.com/MMHG).

Visit [eatright.org](http://eatright.org) to learn more about National Nutrition Month!

## SOLVE THE NUTRITION MONTH PUZZLE

### Build a Healthy Eating Routine

*Healthy eating is important at every age. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Solve the word search puzzle below for a chance to win a healthy cookbook—and consider adding some of these these delicious foods to your shopping list!*

**Puzzle Directions:** Circle or highlight the in the word search puzzle below. Words appear straight across, backwards, straight across, up and down, down and up, and diagonally.



- |            |             |                |
|------------|-------------|----------------|
| ALMONDS    | APPLES      | BARLEY         |
| BEANS      | BLUEBERRIES | BROCCOLI       |
| BROWN RICE | CARROTS     | COTTAGE CHEESE |
| EGGS       | KALE        | LENTILS        |
| OATS       | OLIVE OIL   | ORANGES        |
| PEPPERS    | QUINOA      | SALMON         |
| SOYMILK    | TOFU        | YOGURT         |

