

Crack the Secret Code

Fuel Up on some nutritious snacks and drink some tasty low-fat milk. Then, use that brain of yours and the code below to complete the following sentences.

- Milk has nine essential _____

- Eat more low-fat dairy foods, _____
 and whole grains.

- Get _____ of physical activity a day.

- Get your _____ rich _____

- Daily exercise can improve your _____

- _____ is good for your eyesight.

- _____ keep pesky free _____
 from damaging your cells.

- Being physically active helps improve _____
 and _____

- Whole grains help keep your _____
 your heart and your body healthy.
- For a healthy snack in seconds, fuel up with some pre-cut _____
 chunks.

Code

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

Fuel Up Tip of the Day

Tell mom to try cooking methods that use less fat (roasting, steaming or broiling). Eating too much fat may be one of the reasons arteries get clogged as you get older. So, the more mom roasts, steams or broils your food, the better your body will function as it grows.