



PUZZLE

Heart health word search

Name: _____ Date: _____

Fill in the blanks and find the answers in the puzzle.

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

1. Avoiding processed foods helps cut down on the amount of _____ you eat.
2. A healthy eating _____, rather than a limited diet, is good for the heart.
3. A heart healthy diet includes plenty of fruits, vegetables, and whole _____.
4. It also includes plant-based _____.
5. Eating fewer foods with added _____ is good for the heart.
6. Whole grain breads and brown rice are great sources of _____.
7. Healthy proteins include fish, legumes, and _____ meat.
8. Processed foods often contain salt, fat, and _____.
9. Processed foods are associated with heart _____.
10. Taking smaller _____ sizes can help with weight management.
11. Physical _____ reduces your risk for heart disease.
12. To be more active, aim to move more and sit _____ throughout the day. ♦

