



Be SMART: Control Your Diabetes Tip: “EAT REAL”

With the holidays fast approaching, we need to get in the habit of “eating real.” This can be accomplished by cutting back on sugary drinks, overly-salted packaged foods and fatty, factored-farmed meats in favor of vegetables, fruits, whole grains and sustainably raised protein. TAKE CARE OF YOUR HEALTH and YOUR HEALTH WILL TAKE CARE OF YOU!

WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

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