

Heart Healthy Foods Word Scramble



February is American Heart Month. Heart specialists remind us that the foods we eat can have a big effect on our cardiac wellness. The names of nine heart-healthy foods are scrambled in this puzzle. Once you've unscrambled each word, read down the shaded center column to find a food that is a definite no-no when it comes to heart health! (Answers at the bottom of this page.)

SURFIT									
RASING									
STEAMLANE									
BASEN									
HFSI									
FOGOSTAD									
BEETVALEGS									
STUN									
SLIVOE									

Answers to "Heart Healthy Foods Word Scramble": FRUITS, GRAINS, LEAN MEATS, BEANS, FISH, GOOD FATS, VEGETABLES, NUTS, OLIVES. Center column: TRANS FATS