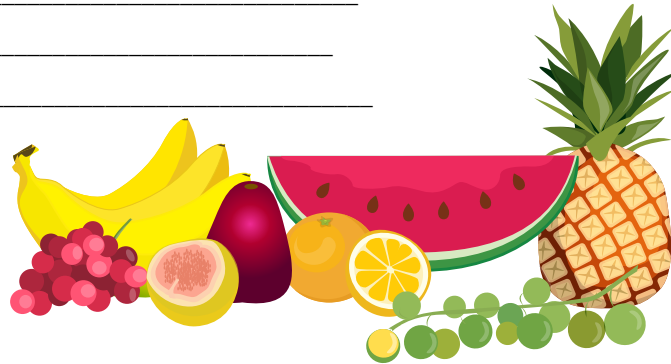


# SWITCH IT UP

Fresh fruits, unsweetened fruit juices, milk, water, coconut water and infused water are good choices.

1. AGONM \_\_\_\_\_
2. LPPAE \_\_\_\_\_
3. NAANAB \_\_\_\_\_
4. GANOER \_\_\_\_\_
5. ONMEL \_\_\_\_\_
6. GEPAR \_\_\_\_\_
7. RHYREC \_\_\_\_\_
8. PINGUE \_\_\_\_\_
9. AUGVA \_\_\_\_\_
10. EANPIPELP \_\_\_\_\_



Find the words listed below and get great ideas for what to eat and drink

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

COCONUT WATER  
 UNSWEETENED  
 HOME MADE  
 FRESH FRUIT JUICE

MILK  
 INFUSED WATER  
 NO SUGAR  
 FRUITS  
 WATER



For more information, please contact The Heart Foundation of Jamaica  
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