

# CLIMBING THE FOOD PYRAMID

## WORDFIND

Did you know...the USDA recently revised the nutritional recommendations for older adults? The new version includes an increased emphasis on nutrient-rich foods and physical activity. Test your brain with this wordfind, which contains 16 words all having to do with a great diet for older adults!



- LIQUIDS
- LOWFAT
- METABOLISM
- PROTEIN
- UNSATURATED FAT
- VEGETABLES
- VITAMIN D
- WATER
- WHOLE GRAINS

- BROWN RICE
- CALCIUM
- CALORIES
- DRY BEANS
- EXERCISE
- FIBER
- FRUITS

