



PUT YOUR
BEST FORK FORWARD
National Nutrition Month® 2017



Put Your Best Fork Forward during National Nutrition Month®

Decode the fun food messages below to learn how to Eat Right with MyPlate!

Hint: Three letters are provided to start you off.

M	E	A	E	L	U	I	P	S	S	A	A	C	K	S
	F	U	F	R		O	R		W	I	T	H		
			L	S		U	T			N				
			E								T			
										N				

C	T	A	W	T	H	O	G	R	E	G	T	A	E	E
	O	L	S	R	N		U	V	E	P	L	I	T	S
			O	I				R		A	G			

M	A	Y	W	H	R	L	E	R	G	I	A	S	N	S	A	L	F
		K	O	U	O	T	G	L	A	A	S	I		H			
			E		A				E	R	N	T					

P	A	O	T	E	I	O	U	F	O	O	D	S
V	R	R	Y		Y	N		R				

G	D	A	I	R	L	U	I	O	M	-	S	I	C	H
	E	T	C	A	O	C	F	U	O	D	R			

Answers: Fuel Up with Fruits at Meals or Snacks • Color Your Plate with Great Tasting Veggies
Make at Least Half Your Grains Whole Grains • Vary Your Protein Foods • Get Your Calcium-Rich Dairy Foods