

Wordsearch

Can you find the 12 proteins below?

L	C	K	S	A	L	M	O	N	T	A	U	F
T	G	E	O	L	H	G	E	S	P	E	F	A
E	H	B	E	A	N	S	F	A	G	T	H	N
C	I	T	U	N	A	G	U	E	T	K	H	S
N	F	N	M	T	S	C	N	M	K	P	S	C
I	E	A	S	I	H	H	M	N	S	U	I	E
M	M	L	E	N	T	I	L	S	A	L	F	M
N	U	S	T	C	F	C	U	O	S	S	A	T
A	S	L	U	K	T	K	T	G	O	E	N	U
E	T	A	N	H	E	E	G	G	S	S	O	F
L	A	T	E	M	A	N	G	T	T	B	M	I
P	U	P	N	P	L	S	E	S	U	E	U	S
M	I	A	S	T	U	N	N	I	A	L	P	U

Beans
Chicken
Eggs

Fish
Lentils
Lean Mince

Meat
Peas
Plain nuts

Pulses
Salmon
Tuna

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages. Aim for at least 2 portions of fish every week.

