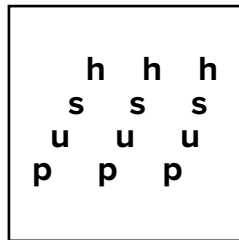


Nutrition

for your body and mind

Health & Nutrition Rebus Puzzles: Puzzle Key



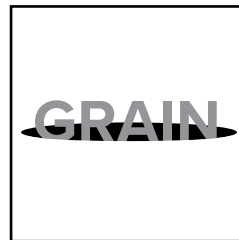
Push-ups



Healthy as a
Horse



Frog in your
Throat



Whole Grain



Green Around
the Gills

Did you Know?

Rebus puzzles use pictures, words, or symbols arranged in clever ways to represent words or phrases. Idioms, such as “healthy as a horse” or “frog in your throat” are commonly used. They are sort of like visual puns. Rebuses were used to depict surnames in the Middle Ages as a form of heraldry.