Paste as text (Right-click on a cell, and choose **Paste** from the shortcut menu).

Paste as an embedded object (Right-click on a cell, and choose **Paste Special**. Click the **Paste** option button, select **Microsoft Word Document Object** in the As list, and click **OK**).

Paste as a linked object (Right-click on a cell, and choose **Paste Special**.Click the **Paste link** option button, select **Microsoft Word Document Object** in the As list, and click **OK**).

Paste as a hyperlink (Right-click on a cell, and choose **Paste Special**. Click the **Paste** option button, choose **Hyperlink**, and click **OK**).