

**NATIONAL NUTRITION MONTH®**  
MARCH 2019

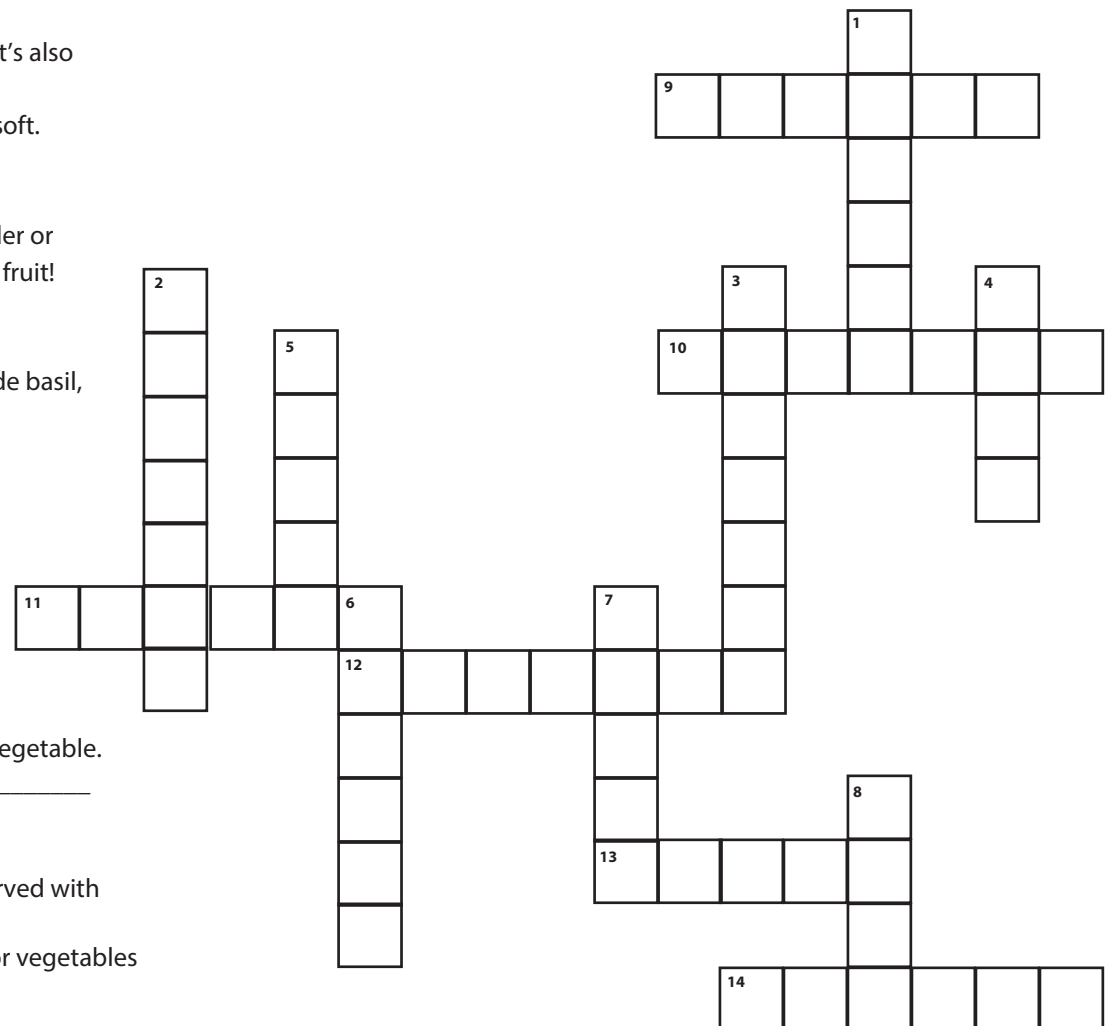
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#NationalNutritionMonth

# Crossword Puzzle

## DOWN

1. This orange root vegetable is a popular snack and side dish.
2. Tasty snack made by popping the kernels of a starchy vegetable. It's also a whole grain and a good source of dietary fiber.
3. This snack comes in a variety of shapes and can be either hard or soft. Sometimes dipped in cheese or mustard
4. Fuzzy green fruit that is high in vitamin C.
5. Popular fruit for snacks and at lunch – can be made into sauce, cider or juice. Cortland, Red Delicious and McIntosh are all varieties of this fruit!
6. Made from milk, this creamy food may be enjoyed as a snack or at breakfast and goes well with fruit.
7. Plants that are used to give extra flavor to food. Some types include basil, thyme, oregano and cilantro.
8. Green, leafy vegetable used in salad, soup and other dishes.



## ACROSS

9. Zucchini and yellow \_\_\_\_\_ are summer vegetables, whereas acorn, butternut and spaghetti \_\_\_\_\_ are winter types of this vegetable.
10. Beef, chicken, fish, tofu, beans and lentils are all sources of \_\_\_\_\_ foods.
11. A popular bird commonly served during Thanksgiving.
12. Hot breakfast cereal. Can be made instant or steel cut. May be served with fruit and nuts.
13. A spicy or mild sauce made with tomatoes that is used as a dip for vegetables or tortilla chips.
14. Parmesan, mozzarella, cheddar, and feta are all types of \_\_\_\_\_.

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