

Crossword Puzzle



GO FURTHER
with **FOOD**

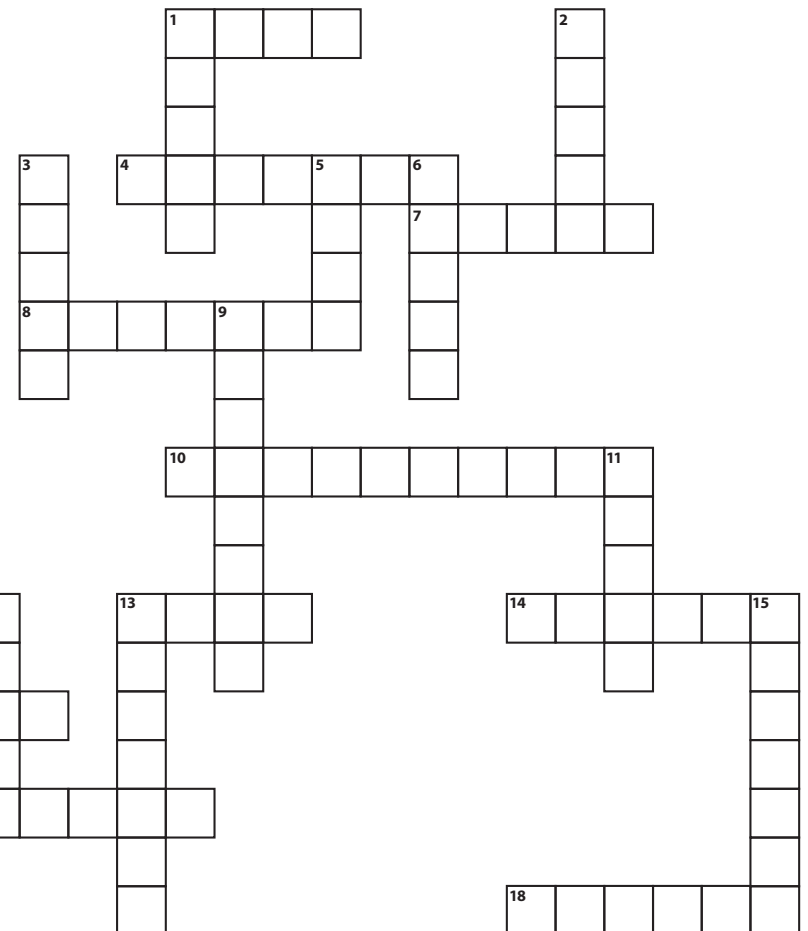
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ACROSS

- The number of MyPlate food groups.
- _____ is a good source of heart healthy fats.
- Regular soft drinks, candies, cookies and other desserts are often high in _____ sugars.
- _____, also called beans and peas, are high in nutrients.
- A variety of different colored fruits and _____ are recommended daily.
- MyPlate recommends that fruits and veggies make up _____ of the plate.
- Looking at _____ on the Nutrition Facts label will tell you how much salt per serving a food contains.
- Whole _____ are recommended more often instead of 100% juice.
- Eating a _____ of foods is important.
- Children and adults should be physically _____ on a daily basis.

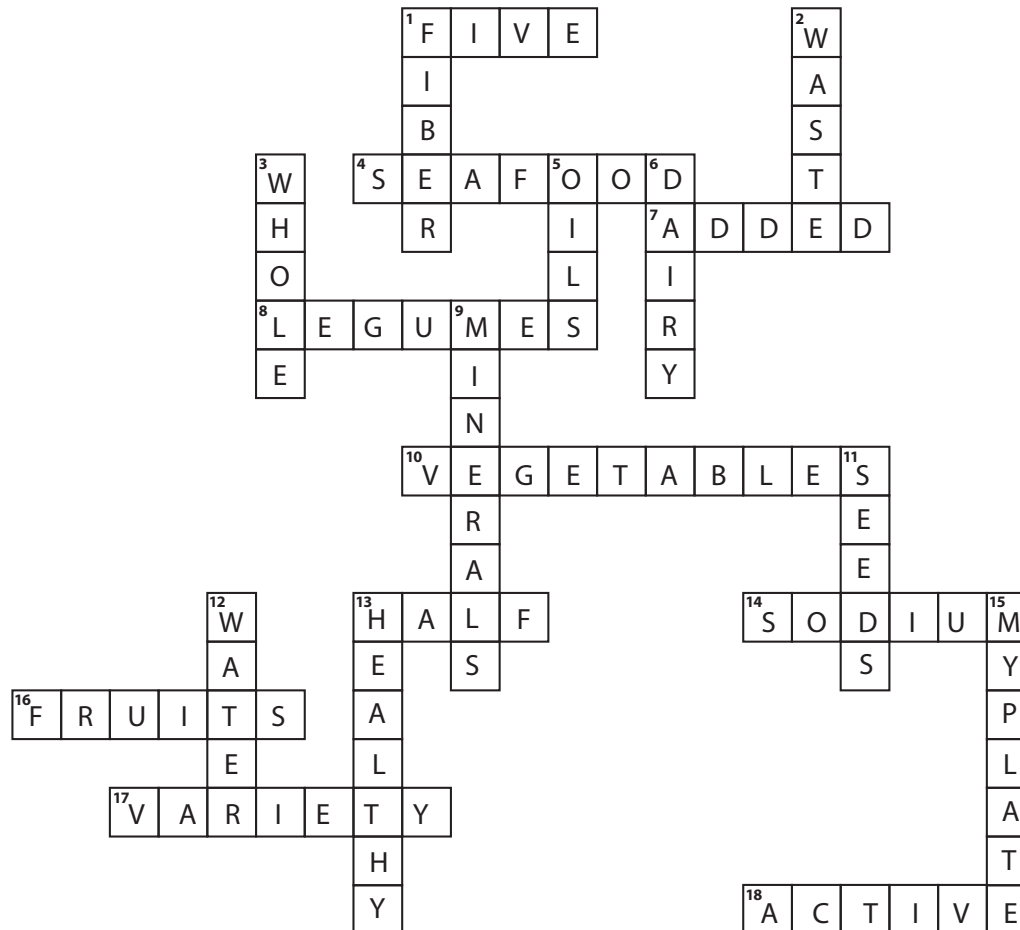
DOWN

- Fruits, vegetables, and whole grains are all good sources of dietary _____.
- Finding ways to reduce food _____ can help to save nutrients and money.
- At least half of the grains eaten daily should be _____ grains.
- _____ from plant sources are healthier than solid fats.
- This food group is a good source of calcium.
- Fruits and vegetables provide nutrients, like vitamins and _____.
- Nuts and _____ are part of the protein group.
- Drinking _____ instead of sugar-sweetened beverages is one way to reduce added sugars.
- A _____ eating style is recommended for everyone.
- _____ can help you develop a healthy eating style.



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Solution:



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