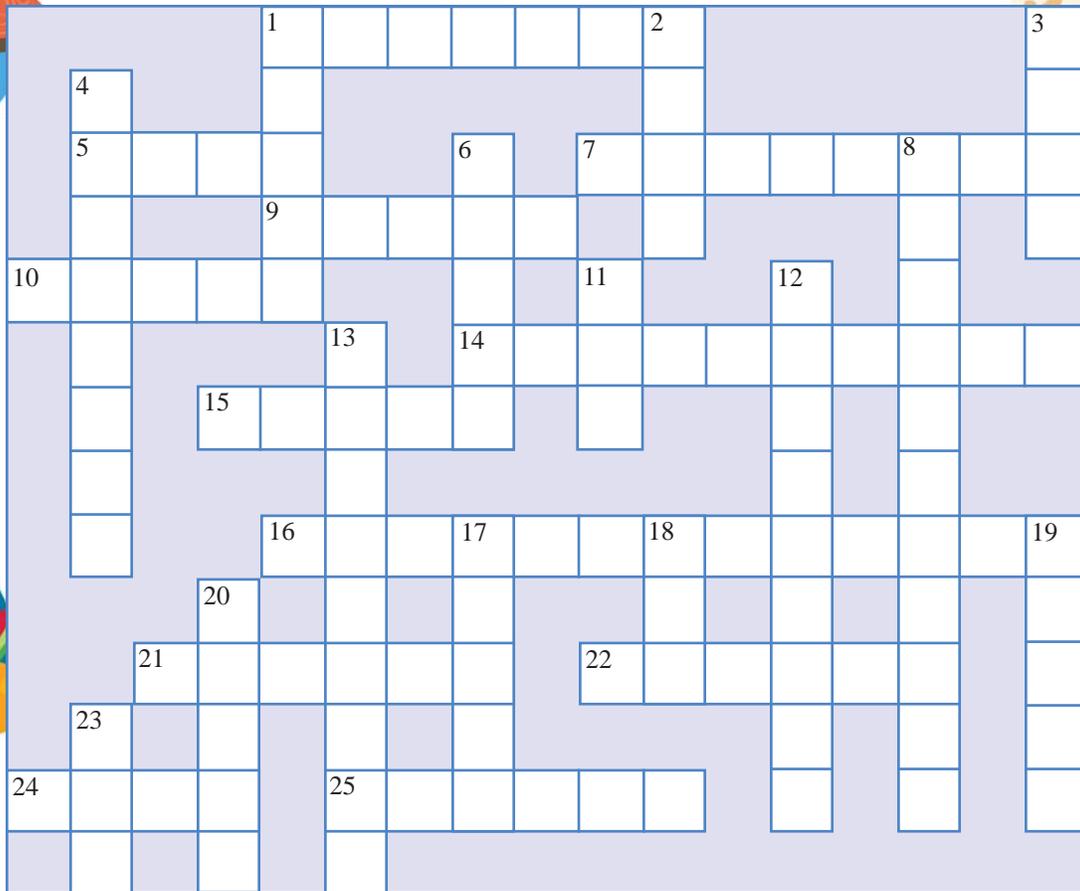
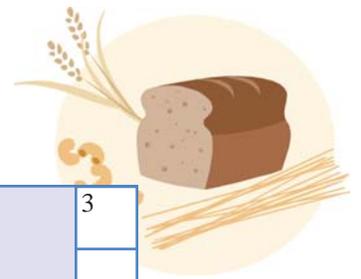
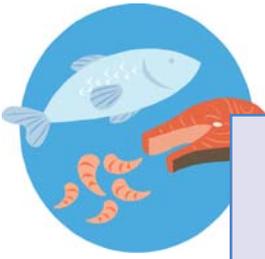


Let's Eat Healthy!



ACROSS

1. _____ helps prevent osteoporosis
5. _____ helps prevent anemia
7. Eat a well _____ diet
9. Milk and cheese are _____ products
10. Take your vitamin supplements _____
14. Green and yellow _____ are high in vitamins
15. Straw- or rasp _____
16. Bread and cereals provide _____
21. _____ and tea provide caffeine
22. Peanut _____ is a source of protein
24. Eat from all _____ groups daily
25. Cut down on _____ chloride (salt)

DOWN

1. Sweets, such as _____ have excess calories and few nutrients
2. Eat more chicken and fish, less red _____
3. Your _____ needs many nutrients
4. Citrus fruit is high in _____ (2 words)
6. Don't add fattening _____ to potatoes

8. It's "heart smart" to limit _____
11. High cholesterol food
12. Cut down on _____ fats
13. Begin the day with a nutritious _____
17. Whole-wheat _____ has more fiber than white
18. Good nutrition is up to _____!
19. _____ promotes tooth decay
20. Eat a variety of good _____ each day
23. _____-fat milk is also called skim milk

Answers to "Let's Eat Healthy" Crossword

