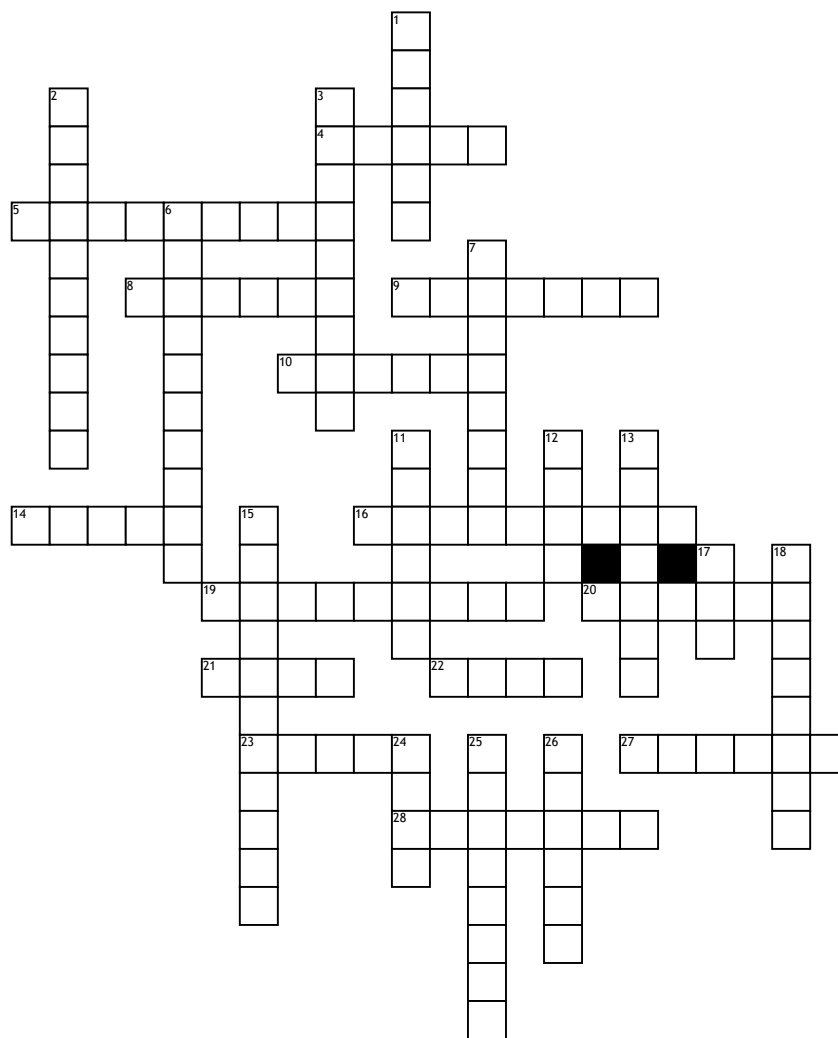


Ask a Nutritionist



Across

- 4. natural sweetener with anti-bacterial properties
- 5. Diet high in proteins and healthy fats
- 8. root vegetable that is high in fiber
- 9. heart healthy fish
- 10. superfruit high in potassium
- 14. fruit containing resveratrol
- 16. blue superfood
- 19. seeds high in vitamin E and fiber
- 20. rhizome that helps with nausea
- 21. soup made from fermented soybean paste
- 22. leafy green vegetable

- 23. citrus fruit high in vitamin C
- 27. plant that is a complete source of protein
- 28. spice used to make "golden milk," a popular Indian drink

Down

- 1. licorice-flavored veggie that aids in digestion
- 2. hydrating fruit
- 3. healthy legumes used to make hummus
- 6. Diet that completely eliminates wheat
- 7. healthy state of pH in the body
- 11. source of omega 3 fatty acid

- 12. root vegetable that helps keep the liver healthy
- 13. heart healthy group of fruits
- 15. cruciferous vegetable that is healthy brain food
- 17. great source of choline
- 18. cruciferous superfood
- 24. healthy snacks high in protein and healthy fat
- 25. probiotic drink
- 26. cloves make up a head of _____

Word Bank

- | | | | | | | |
|------------|-----------|-----------|--------|------------|-----------|-------------|
| watermelon | lemon | kombucha | nuts | alkaline | grape | miso |
| broccoli | quinoa | kale | turnip | halibut | honey | cauliflower |
| beet | fennel | chickpeas | banana | glutenfree | ketogenic | egg |
| garlic | blueberry | berries | salmon | tumeric | ginger | sunflower |