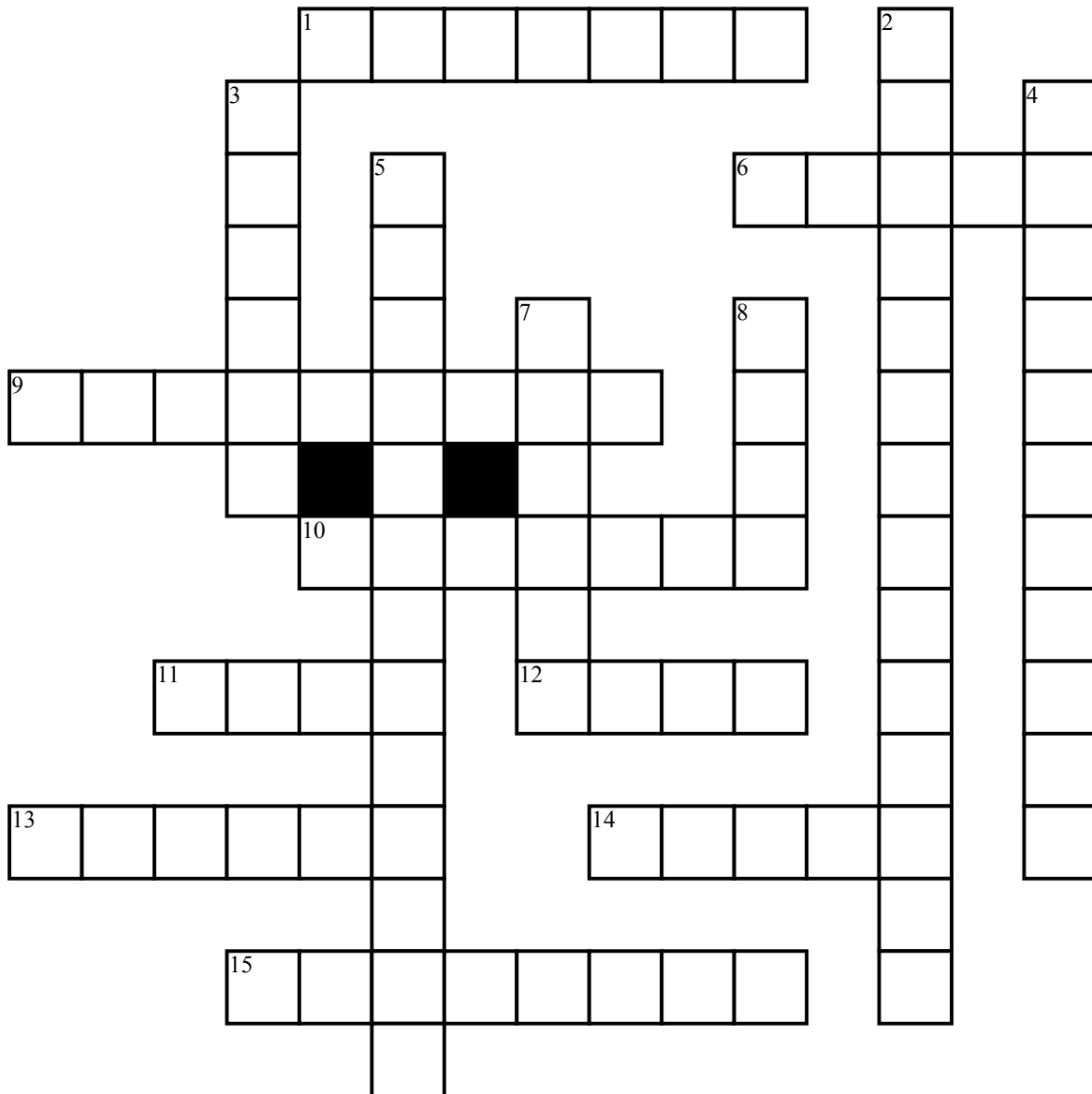


Get to Know Your Superfoods!



Across

1. Helps to improve digestive flora
 6. Fiber filled summer staple
 9. Tending Himalayan treatment for many ailments
 10. What gave Popeye his strength?
 11. High in iron and antioxidants

12. Source of Omega-3 fatty acids

13. Probiotic packed
 14. One a-day keeps the doctor away

15. Enhances metabolism

Down

2. Keeps your heart healthy with a high concentration of Vitamin E

3. Cancer fighting properties

4. World's top source of Vitamin A

5. Protects your vision and immune system

7. Source of Vitamin C

8. From Halibut to Salmon the health benefits are endless