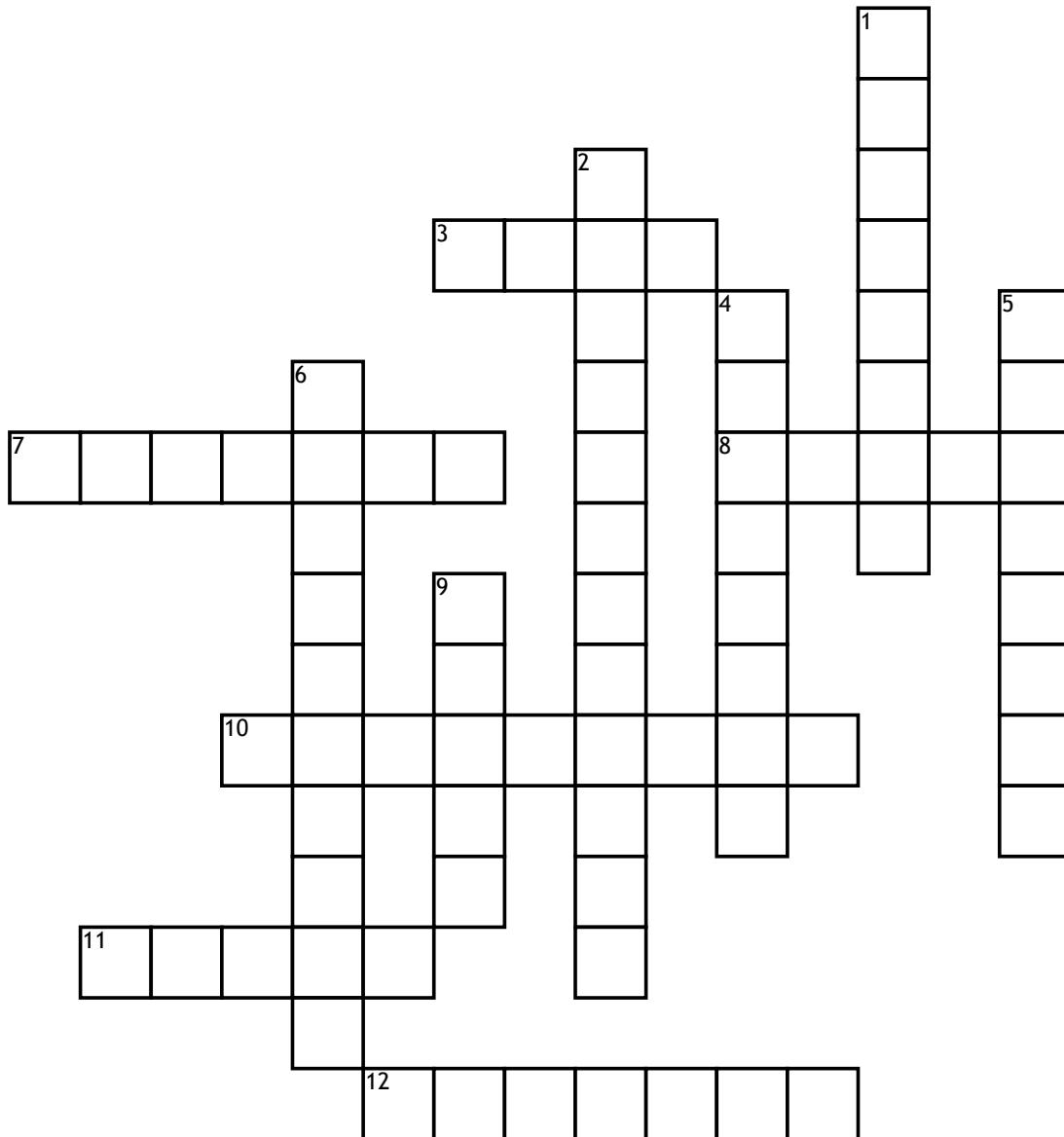


# Golden Age Of Nutrition



## Across

- 3. Notoriously low in aging adults yet so important for immune system health
- 7. Keeps aging bodies strong especially in its leaner forms
- 8. It is important to consume foods that are more nutrient
- 10. Type of fat we should all avoid

11. Helps to keep us full & regular

12. Necessary for bone health especially as we age

## Down

- 1. Having a varied colorful diet can ensure you get enough of these
- 2. Helpful in keeping up a strong immune system

4. It is vital that we drink plenty of fluids to keep us

5. Aim to get 90-120mins\week of

6. Low in calories & High in Nutrients

9. Enjoy the vast varieties of these as a quick snack or added into oats