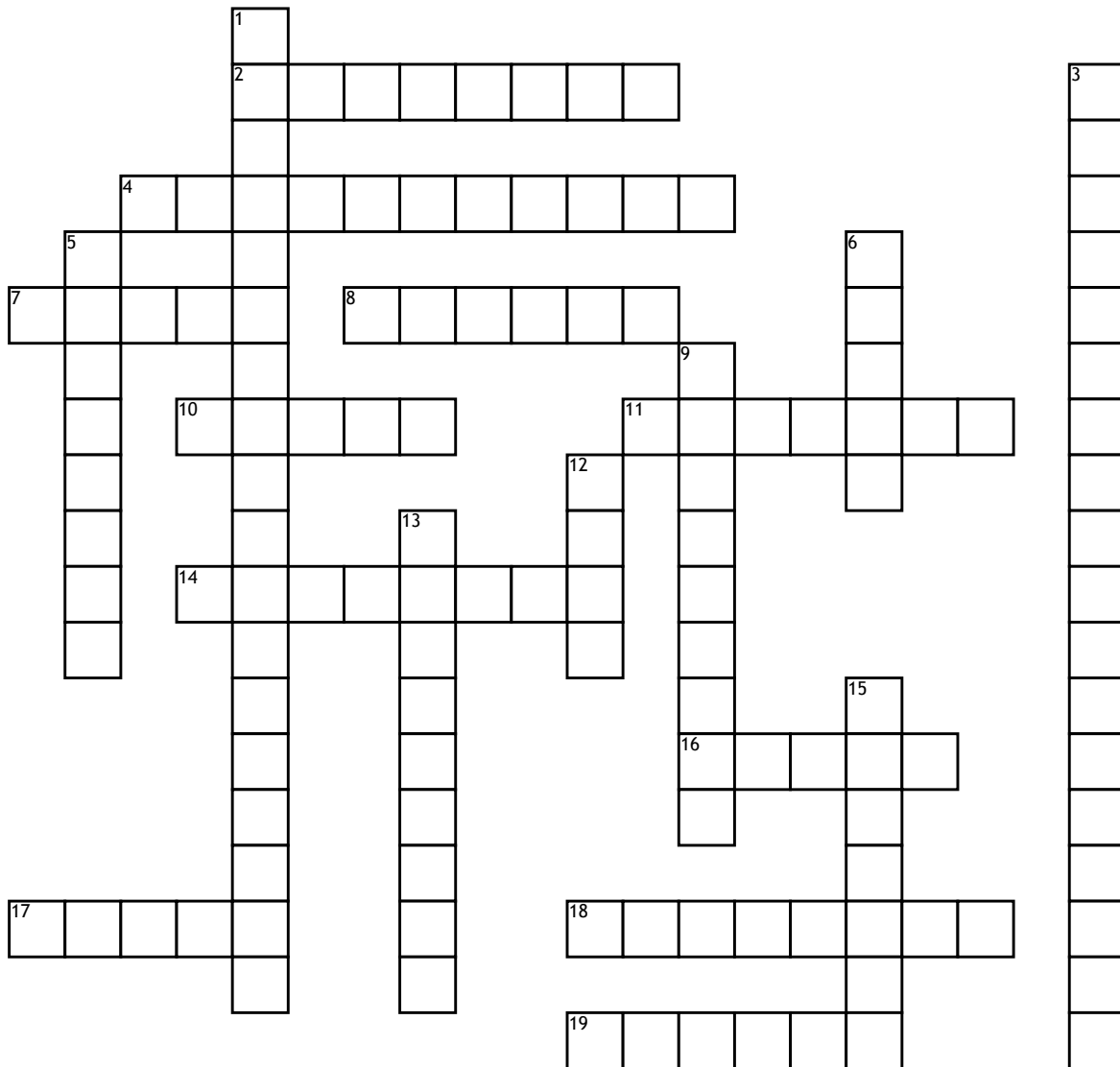


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# HEALTHY EATING



## Across

- 2. This is a healthy cooking oil because it is high in healthy fat
- 4. Most of your carbohydrates should be:
- 7. You should eat this color of rice
- 8. This dairy product should be eaten in small portions because of its above average fat content
- 10. Meat should be \_\_\_\_\_ instead of fried
- 11. The nutritional component important for muscle growth
- 14. This leafy green vegetable is high in fiber and vitamin C

16. This is the quickest type of carbohydrate to digest, and should be eaten sparingly

- 17. This type of fat is found in fish and helps heart function
- 18. Orange juice is very high in this vitamin
- 19. Having too much of this on your french fries can increase blood pressure

## Down

- 1. The healthy fat found in peanut butter
- 3. The food group you should be getting the most servings from

5. This type of fat lowers your good cholesterol and increases your bad cholesterol

- 6. One of the more overlooked nutritional components, this should be consumed daily in liquid form
- 9. The most important meal of the day
- 12. A healthy, low fat form of milk
- 13. Bananas are known for having a lot of this
- 15. An important component found in milk that helps bone growth