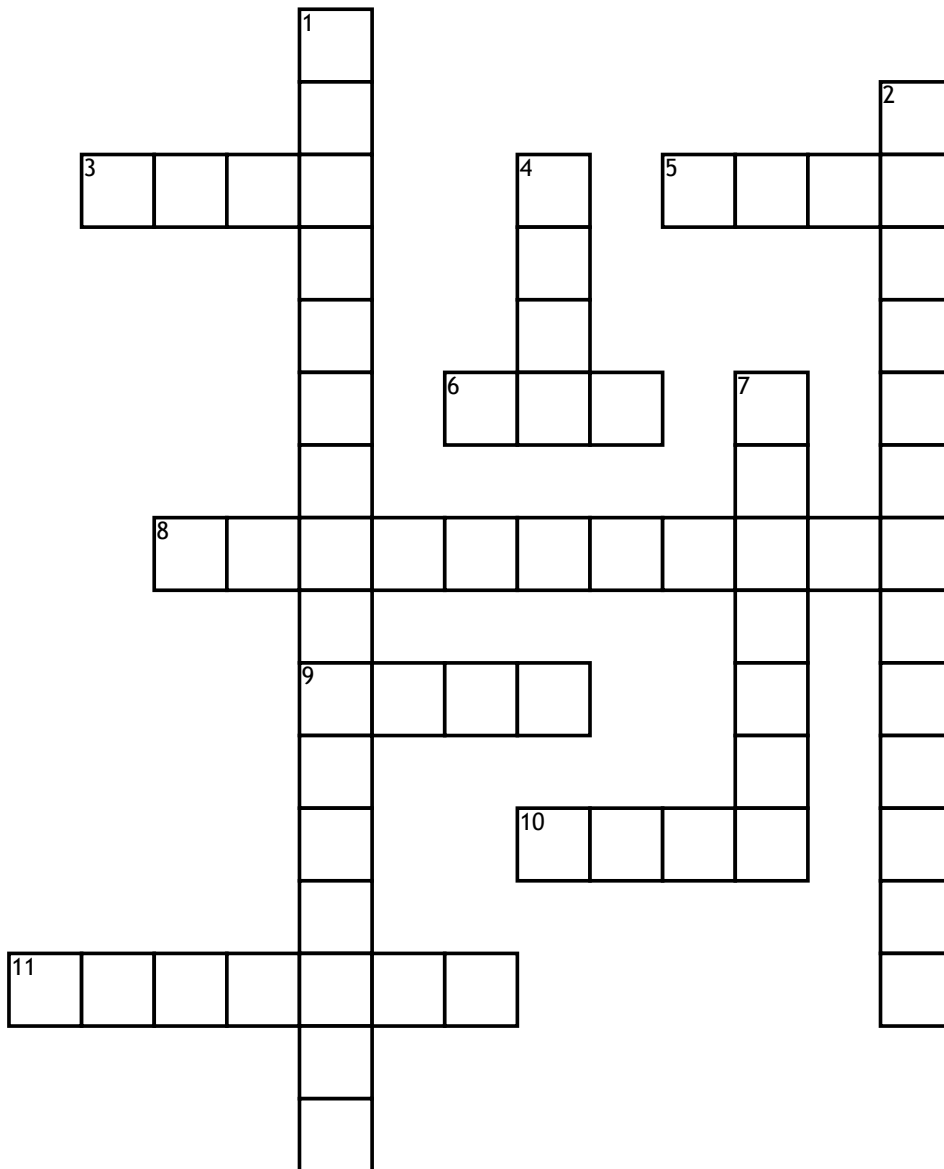


Maternal Nutrition



Across

3. A pregnant woman should consume less than 200 mg of caffeine in a day?
5. Pregnant women need 27 mg of what in a day?
6. How many calories should a pregnant woman add to her regular diet?
8. A good source of Vitamin C
9. A pregnant woman should include 3-4 servings of dairy products in a day

10. A good source of lean protein

11. Milk, yogurt & cheese are good sources of?

Down

1. Salmon & Sardines are rich in?
2. What kind of milk should not be consumed ?
4. What should be the daily calcium intake of women age 19 and above?
7. A leafy vegetable that is rich in folic acid