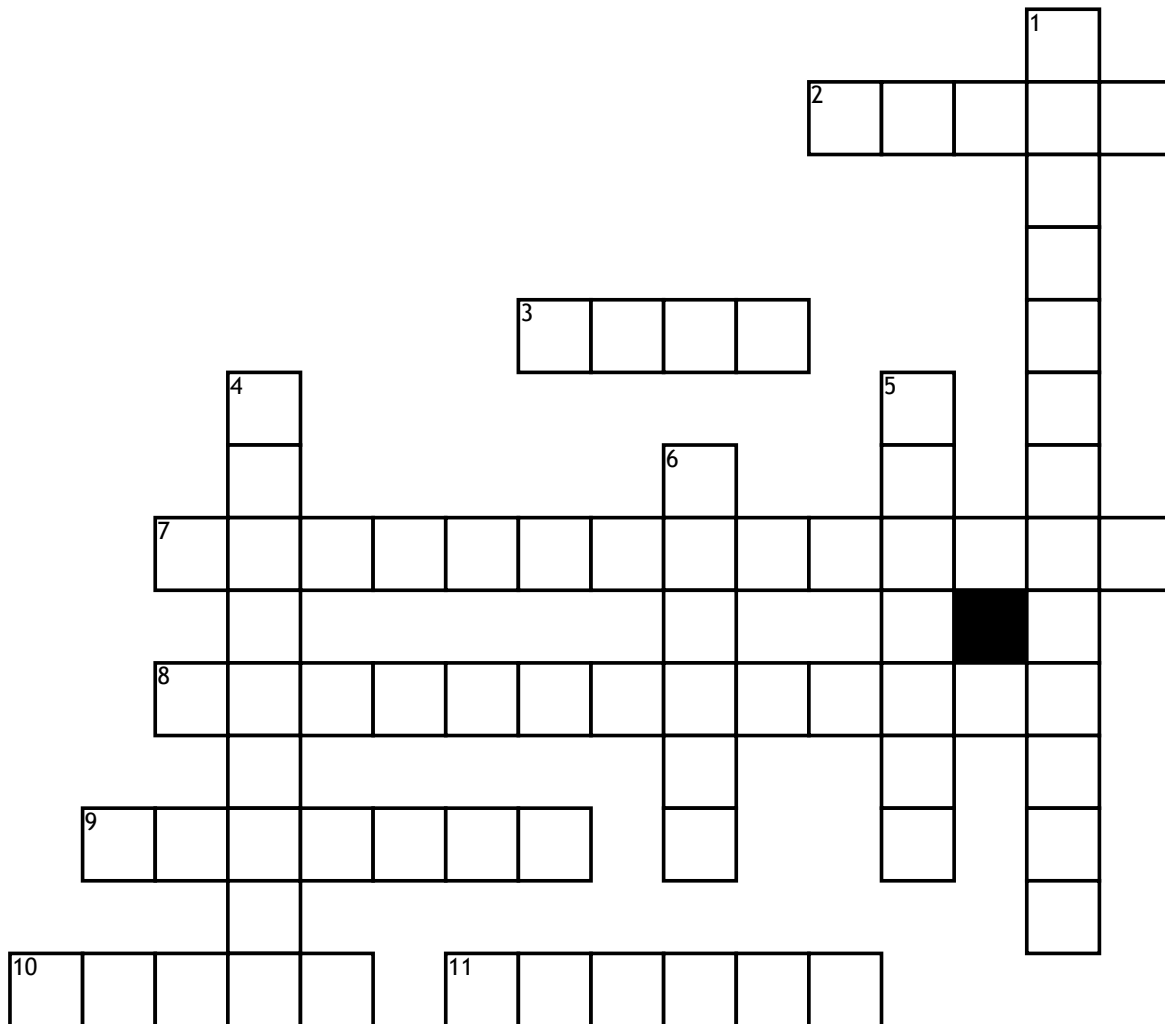


Name: _____

Date: _____

Nutrition Crossword Puzzle



Across

2. Added _ _ _ _ _ should be consumed in small amounts.
3. Low-fat _ _ _ _ is a good source of dairy.
7. Peanuts are actually legumes, and are a great source of this.
8. Nuts and legumes are a great source of these 2 macronutrients.
9. What food starts with the letter P and is an example of a whole grain?
10. What is a 5 letter word for a carbohydrate that helps to keep you full?

11. What is a 6 letter word for a mineral that is known for raising blood pressure?

Down

1. What is a saying that is used to encourage people to eat a variety of fruits and vegetables?
4. What is a sweet fruit that starts with the letter P and contains vitamin C?
5. What type of meat should be consumed in small amounts due to the saturated fat content?
6. What is an orange vegetable that starts with the letter C and contains vitamin A?