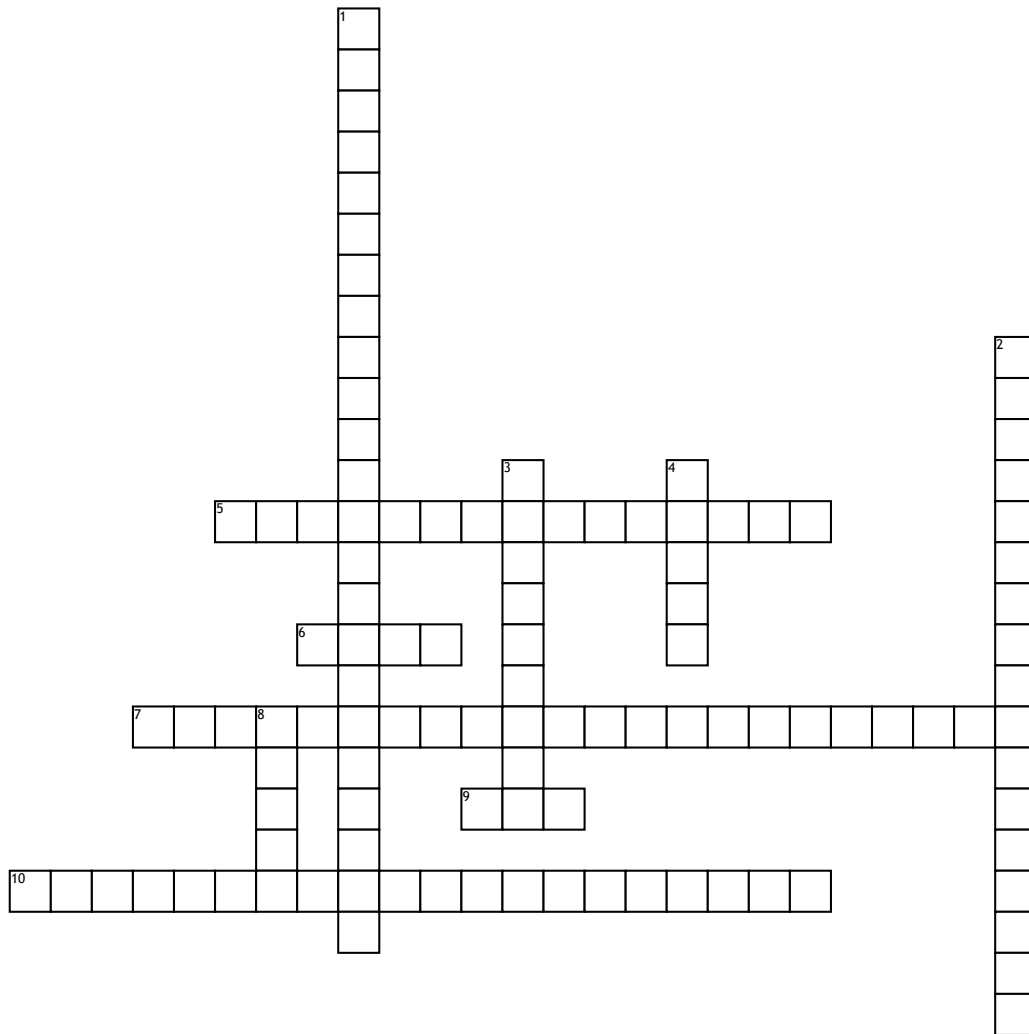


Nutrition Crossword Puzzle



Across

- 5. Which of the following is the most desirable blood pressure reading?
- 6. What food group are beans and peas counted in?
- 7. Which of the following is the healthiest snack choice from the following?
- 9. Can hypertension affect or change your mood?
- 10. What can you do to avoid eating unhealthy snacks?

Down

- 1. What is important when reading a food label to see how much food you are actually eating?
- 2. You have a glass of low-fat milk. Which should you eat with it to make a healthy snack?
- 3. About how much of your plate should be fruits and vegetables?
- 4. What is the maximum amount of salt allowed per serving size for a patient with hypertension?
- 8. You can snack anytime to prevent overeating at meals?

Word Bank

- | | | |
|----------------------------|---------------------------|-------------------|
| baby carrots and dip | low fat strawberry yogurt | yes |
| half plate | both | 400 mg |
| serving size per container | false | lower than 120/80 |
| prepare healthy snacks | | |