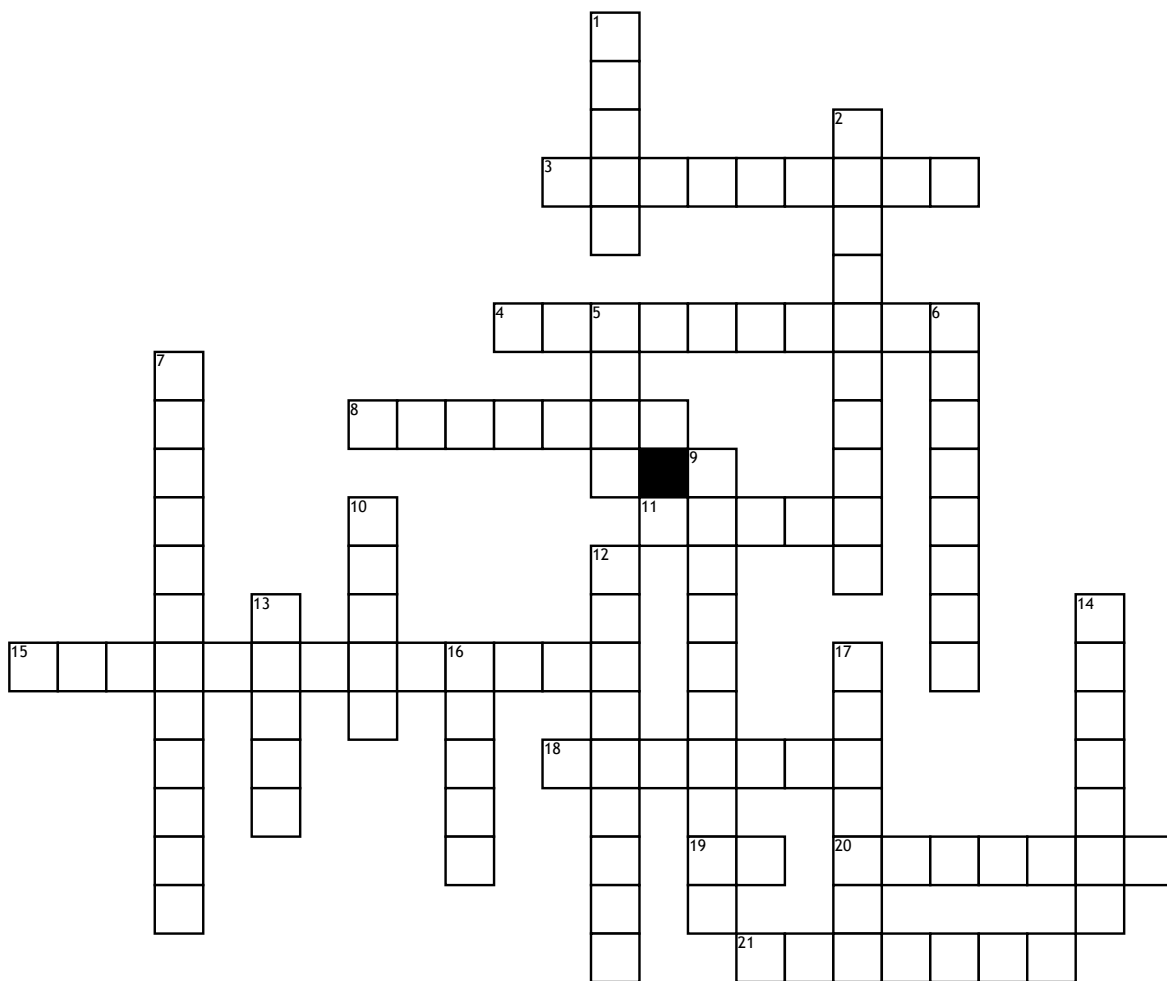


Name: _____

Date: _____

Nutrition II



Across

3. The STRONG MEAL is offered in the cafeteria as a ----- option.

4. What are good foods: -----, fruits, nuts, beans/legumes, whole grains and lean meats

8. Benefits of preparing your own food: more affordable, easy to plan portions, use healthier ingredients, your choice, your -----, tastes better, family can all eat healthier

11. 5 Key principles for eating the STRONGWAY, Focus on eating more of the ----- foods, rather than just eating less

15. Use this STRONG VALUE to apply 5 key principles: -----

18. Lean meats should be baked or-----

19. Does sweetened or sugary drinks hydrate you like water? --

20. Use the MyPlate model for picking the kinds and ----- of food

21. 5 key principles for eating the STRONGWAY: ----- your meals at home as much as you can- in advance

Down

1. 5 key principles for eating the STRONGWAY: Drink ----- more than any other beverage-limit sweetened drinks

2. Use this STRONG VALUE to apply 5 key principles:

5. If you eat more of the---- foods, you will not want to eat as much of the bad foods.

6. Nutrition II "focus on the -----"

7. Tracking foods with : ----- app, STRONG Nutrition Log or your STRONG Goals Journal

9. Use this STRONG VALUE to apply 5 key principles:

10. If you cannot find the right foods to meet your nutrition goals, you may need to ----- all your meals from home.

12. Use this STRONG VALUE to apply 5 key principles:

13. When you become skilled at tracking your food intake, it will be easier to use your ----- goals.

14. 5 key principles for eating the STRONGWAY: Use the ----- model for picking the kinds and amounts of food

16. 5 key principles for eating the STRONGWAY: ----- your food for 30 days and match with daily goals

17. Drink water (more than any other beverage) it will ----- you so you function and perform better.