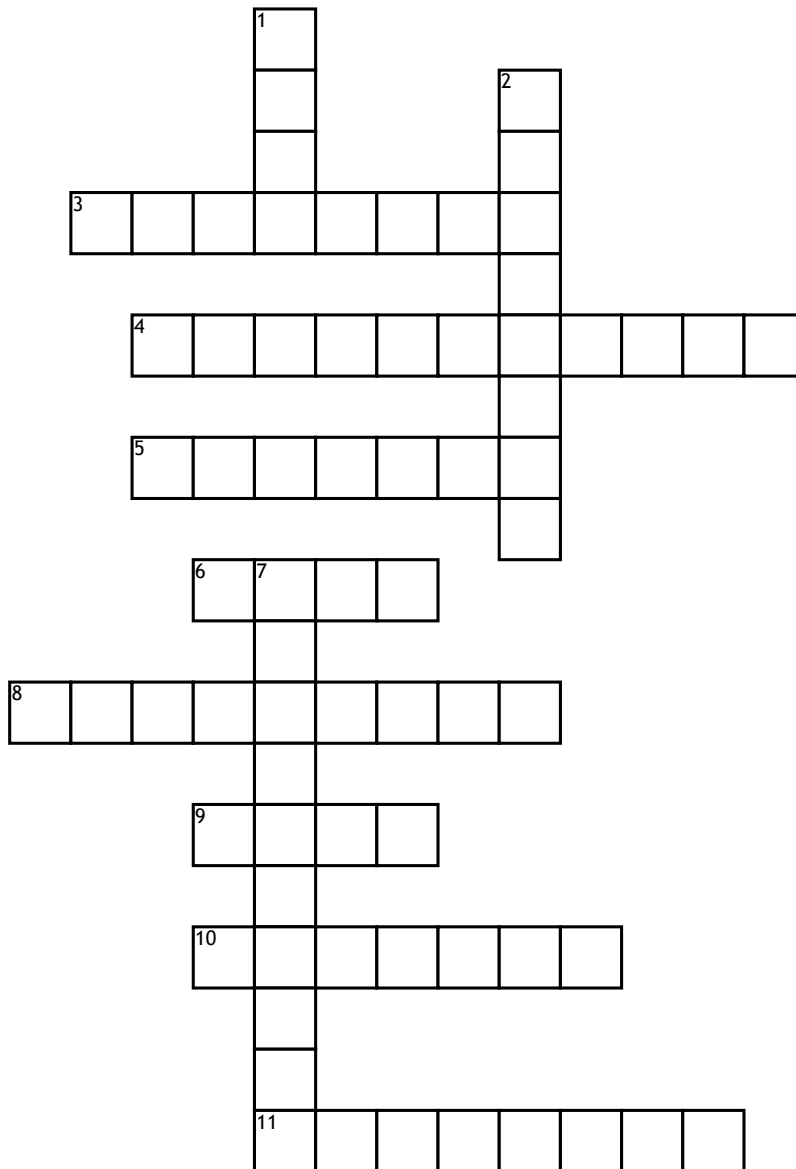


Name: \_\_\_\_\_

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

# Nutrition Month



## Across

3. A Physician \_\_\_\_\_ is required to be seen by a dietitian in the Outpatient Nutrition Services
4. \_\_\_\_\_ are an important source of B vitamins, minerals, and dietary fiber. They help reduce cholesterol levels and lower your risk of heart disease and colon cancer.
5. The current nutrition guide the USDA uses to promote nutrition and a balanced diet.
6. "Put Your Best \_\_\_\_\_ Forward"; the Academy of Nutrition and Dietetics' 2017 National Nutrition Month® theme
8. Nancy Butterfield and Bethany Nelson (Shippee) are both \_\_\_\_\_ inpatient dietitians. Nancy covers CCU, IMCU, 3CN, and Pedi. Bethany covers FW, MSU, and 4th floor.

9. The amount of your plate should include vegetables and/or fruits.

10. \_\_\_\_\_ by Sodexo offers authentically healthy choices to an audience hungry for a healthier lifestyle

11. "Nutrition for a better \_\_\_\_\_"; Sodexo's 2017 March Nutrition Theme.

## Down

1. The best way to get in contact with an inpatient dietitian, is to \_\_\_\_\_ them.

2. The blended burger vs. a regular beef burger can reduce sodium intake by 25%, saturated fat by 30% and reduce \_\_\_\_\_ by 20%, and increase fiber and nutrients!

7. Linnea Turgeon and Michelle Ripley are both full time \_\_\_\_\_ dietitians at the Diabetes and Nutrition Center.