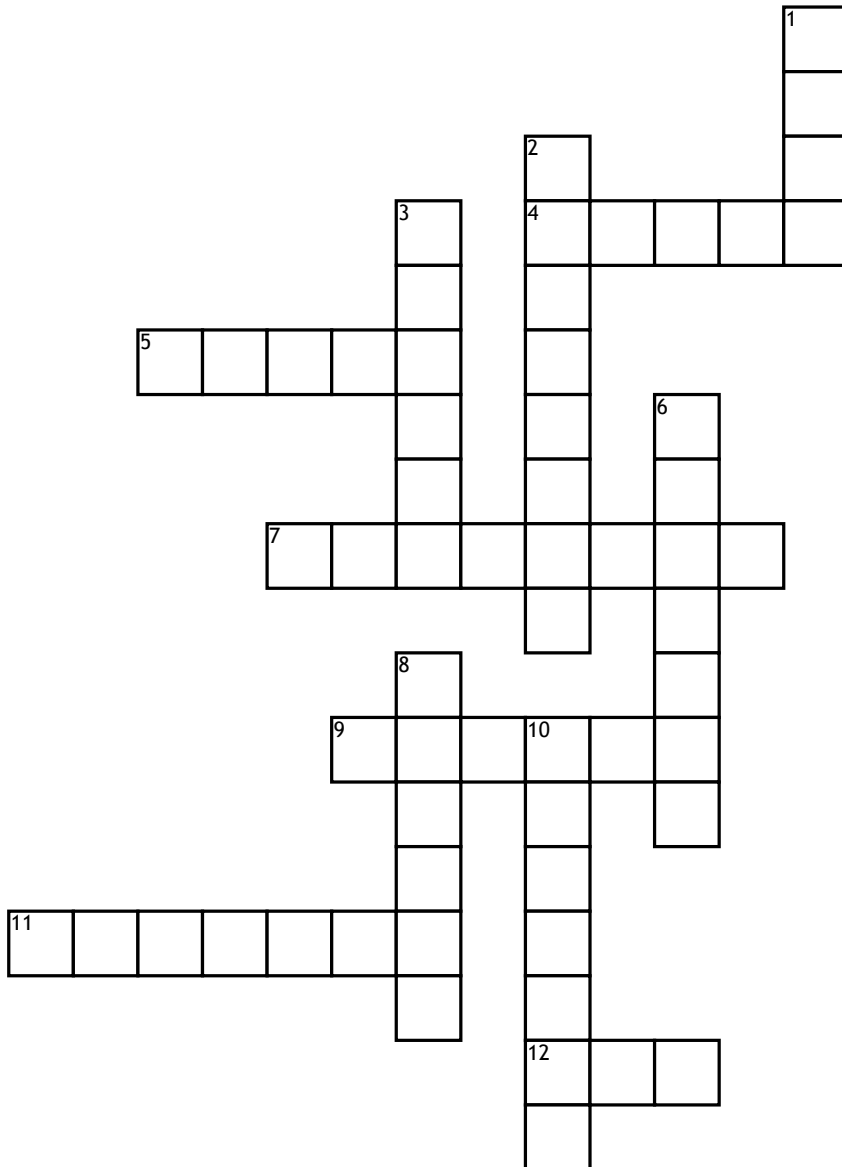


Superfood Crossword Puzzle



Across

4. _____ oil is rich in healthy fats and is one of the mainstays of the Mediterranean diet.
5. _____ tea is lightly caffeinated and is known for its anti-inflammatory properties.
7. This bright yellow spice is packed full of anti-oxidants and is better absorbed when combined with black pepper.
9. _____ is well-known for its distinct flavor, is often used in cooking, and vampires can't stand it.

11. This fruit is packed full of fiber and healthy fats.
12. This breakfast food is loaded with protein and can raise your "good" cholesterol.

Down

1. _____ berries are loaded with anti-oxidants and pair nicely with oatmeal.
2. Sweet _____ are starchy vegetables high in Vitamin A and contain complex carbohydrates.
3. This food, or should I say "root", is known for reducing pain and pairs well with sushi.

6. This vegetable promotes healthy digestion and is Popeye's favorite food.
8. This sea critter is known for being a great source of Omega-3 fatty acids.
10. Beans, lentils, and chickpeas are all types of _____ that provide essential vitamins and minerals.