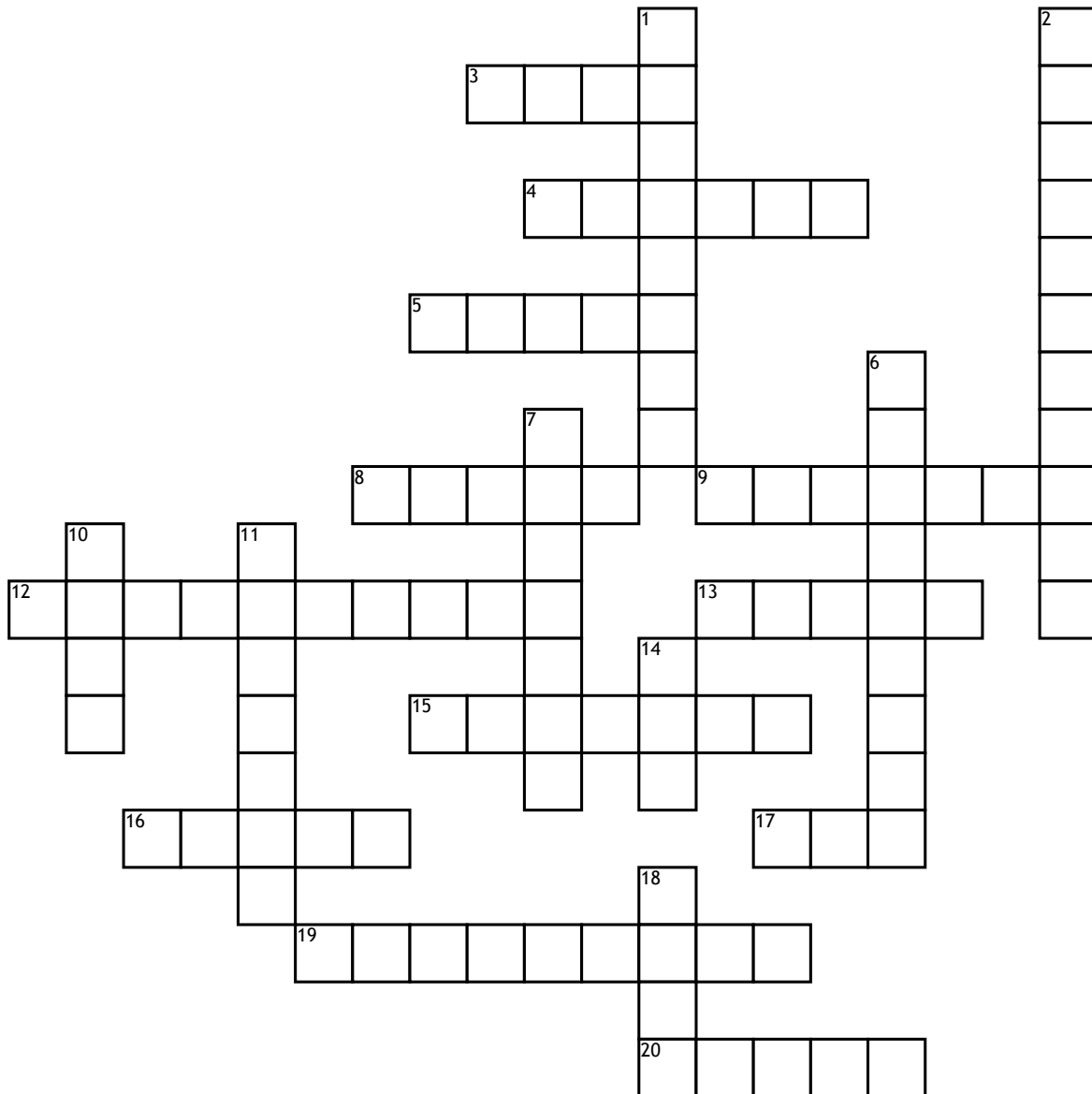


Name: _____

WBB Summer Nutrition Boot Camp 2020



Across

3. vegetarian source of lean protein
4. Probiotics are good for our _____ system.
5. The best beverage for hydration
8. Foods should have more protein than added _____.
9. What macronutrient is the building block of muscle
12. This food can help re-hydrate you as well as help with inflammation
13. 3 keys to muscle recovery: nutrition, sleep and _____

15. A good example of a heart healthy fat is an _____

16. muscle repair occurs when we _____

17. This source of Vitamin D is not food based.
19. Most important meal of the day
20. Fruits and vegetables provide us with this nutrient.

Down

1. This spice can help with muscle soreness
2. Food first, than _____ if needed.

6. Proper _____ is intended to prevent illness and injury

7. "Eat the _____" to get a good variety of fruits and vegetables
10. an ideal snack contains a protein and a _____
11. if taking any kind of supplement always check with _____ first.

14. Its important to have heart, healthy _____ in our diets.

18. You should drink _____ your body weight in ounces