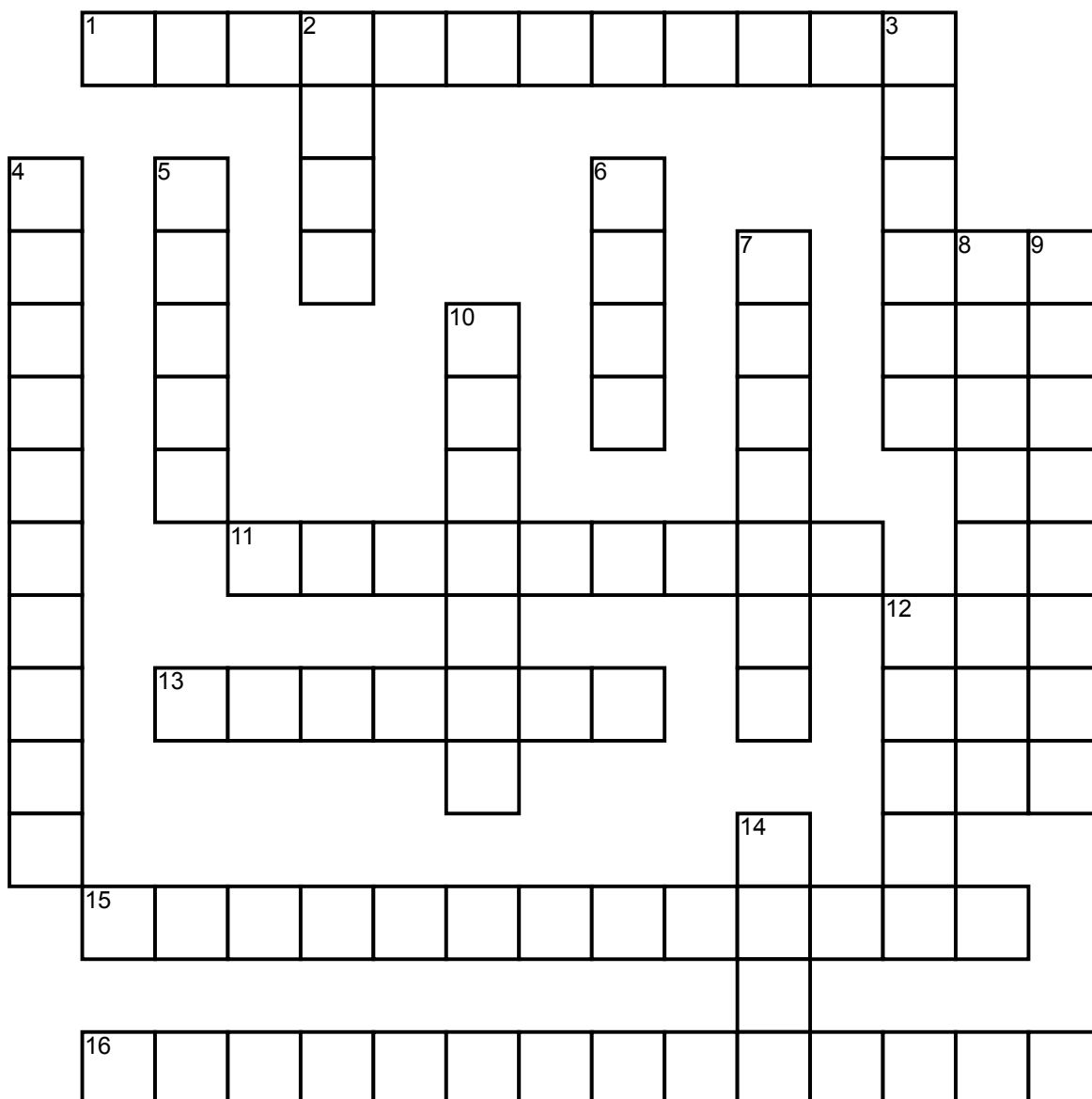


Name: _____ Date: _____ Period: _____

nutrition crossword



Across

1. this diet originates for a certain area
11. this diet is a low carb diet and is aimed at losing weight fast
13. milk, yoghurt and cheese are all good food source for
15. the best food source is bread
16. how much sugar does the average Australian consume

Down

2. meat is a good food source for
3. yeast extract is the best food source for
4. eggs, organ meats (kidneys and liver), lean meats, and milk are all good food sources for
5. the best food source if water
6. best food source for sodium
7. the best food source is meat

8. citrus foods are good for
9. sweet potatoes, carrots and dark leafy greens are all good for
10. yeast, grains and nuts are all good food sources of
12. fruits, vegetables, oat bran, barley, seed husks, flaxseed, psyllium, dried beans, lentils, peas, soy milk and soy products are all good food sources for
14. salmon and tuna are good food sources for fats