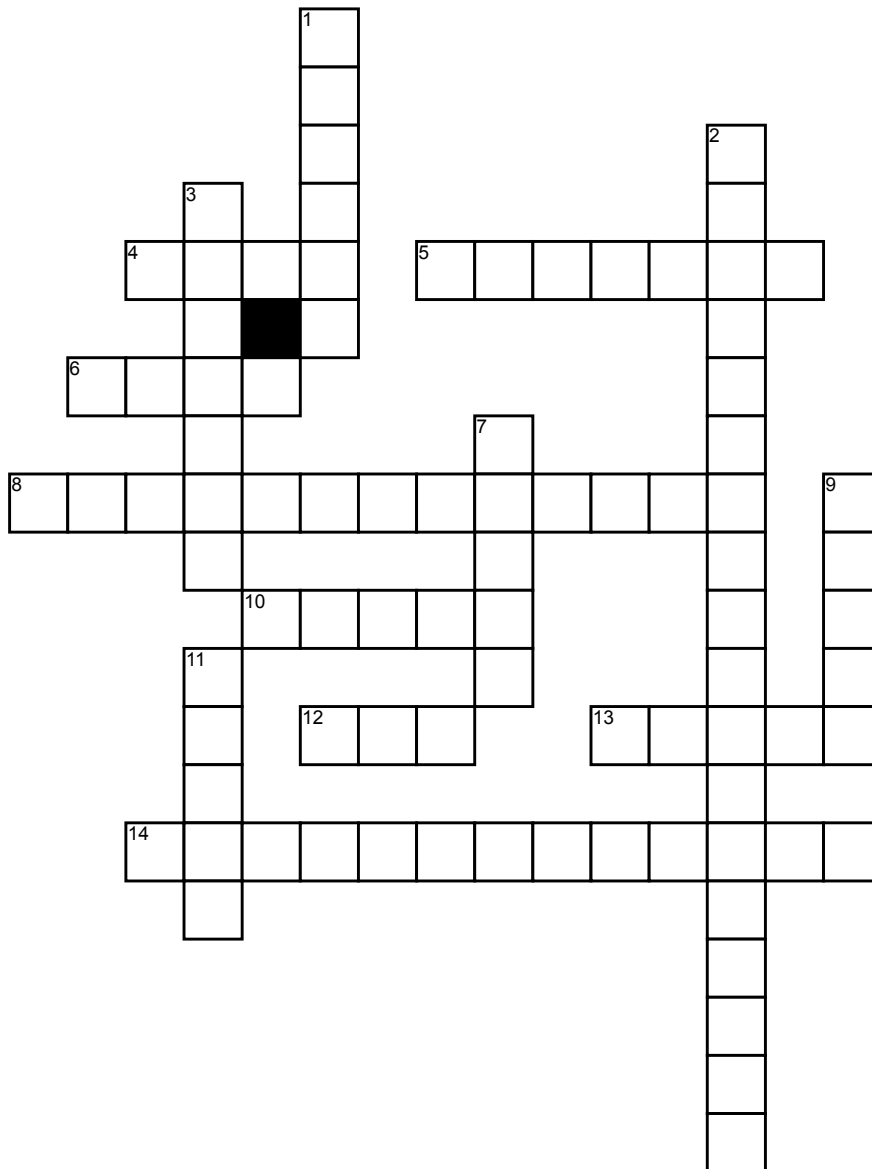


nutrition crossword



Across

- 4. the best food source is red meat
- 5. the best food source is cheese
- 6. what do all these food contain, coconut,palm oil,butter,chocolate,
- 8. this diet is made of traditional food
- 10. one of the best sources is nuts and seeds

- 12. this diet makes you limit yourself to 500 calories for certain days for a week
- 13. what do all these foods contain ,syrops,soft drinks,cookies,cakes,ice cream
- 14. the best food source is bread

Down

- 1. what food group that contains bread and grains

- 2. what food group contains fruit and vegetables
- 3. the best food source is meat
- 7. this diet is mostly mad up from vegetables and fruit and not to have much progressed meat
- 9. the best food source is water
- 11. this diet will help you lose a lot of weight fast