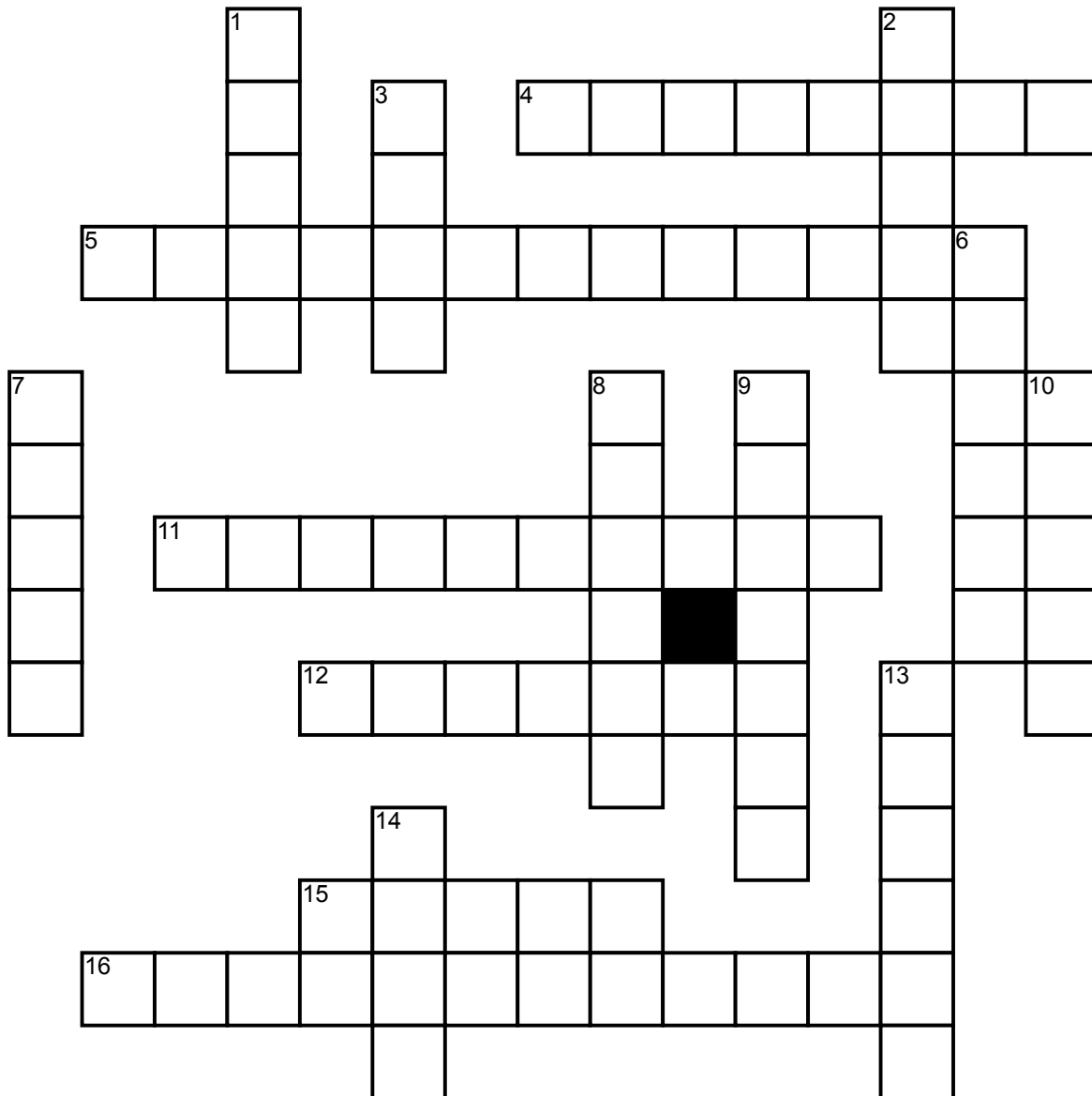


Name: \_\_\_\_\_

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

# nutriton crossword



## Across

**4.** good sources are citrus foods

**5.** the best food source is bread

**11.** shiitake, cuttle fish and and lean meats are a good source for

**12.** milk, yoghurt and cheese are good sources for this

**15.** the best source for this is water

**16.** this diet orignates from a certian area and consites of vegetables, olive ol and some protein

## Down

**1.** good food sources for this nutrient are fruit, vegetable, oat, barley, seeds and barley

**2.** in this diet you only eat vegetables and lean meat

**3.** meat is a really good food source

**6.** the best source for this is salts

**7.** the aim of this diet is to lose weight fast. it is low carb and low fat.

**8.** yeast extract is the best food source for

**9.** yeast grains and nuts are a good food source for

**10.** this is bad for your health and onn average most people consume 40 teaspoons a day

**13.** ths is a diet that uses a low carb attack

**14.** good sources for thee are dairy foods, meat and some snack foods