National Nutrition Month® 2018

Crossword Puzzle

ACROSS
1. The number of MyPlate food groups.
4. ________ is a good source of heart healthy fats.
7. Regular soft drinks, candies, cookies and other desserts are often high in ________ sugars.
8. ________, also called beans and peas, are high in nutrients.
10. A variety of different colored fruits and ________ are recommended daily.
13. MyPlate recommends that fruits and veggies make up ________ of the plate.
14. Looking at ________ on the Nutrition Facts label will tell you how much salt per serving a food contains.
16. Whole ________ are recommended more often instead of 100% juice.
17. Eating a ________ of foods is important.
18. Children and adults should be physically ________ on a daily basis.

DOWN
1. Fruits, vegetables, and whole grains are all good sources of dietary ________
2. Finding ways to reduce food ________ can help to save nutrients and money.
3. At least half of the grains eaten daily should be ________ grains.
5. ________ from plant sources are healthier than solid fats.
6. This food group is a good source of calcium.
9. Fruits and vegetables provide nutrients, like vitamins and ________.
11. Nuts and ________ are part of the protein group.
12. Drinking ________ instead of sugar-sweetened beverages is one way to reduce added sugars.
13. A ________ eating style is recommended for everyone.
15. ________ can help you develop a healthy eating style.

Fill in and win! Send your finished crossword via inner-office mail to Shanley at the WIC office, or scan and email it to wic.roster@co.clay.mn.us by Friday, March 31st to be entered in a drawing for a fruit basket! Please email Shanley with any questions.