

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

National Nutrition Month® 2018

# Crossword Puzzle

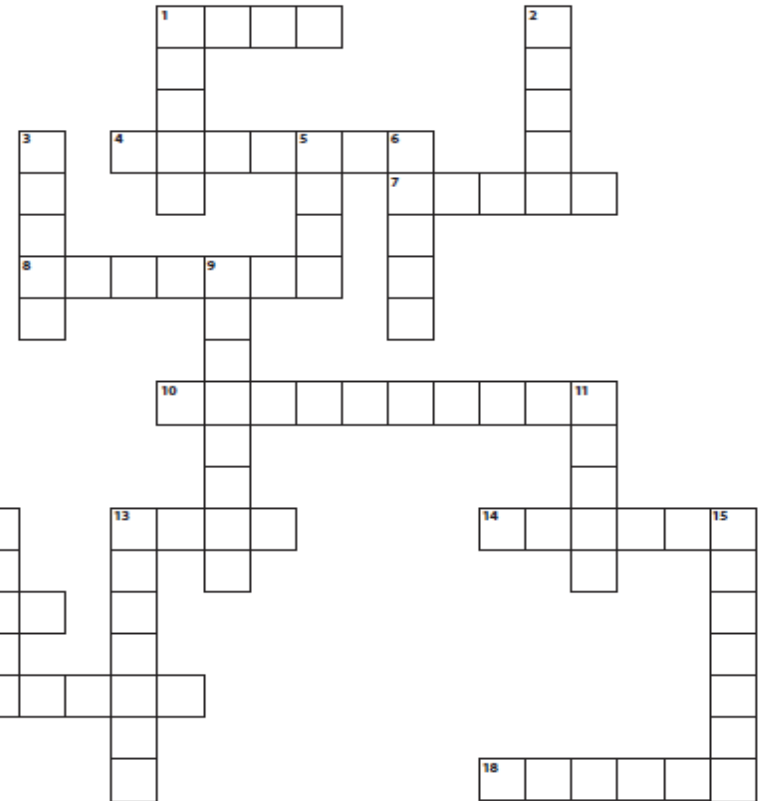


## ACROSS

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

## DOWN

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



Sources: 2015-2020 Dietary Guidelines and USDA's ChooseMyPlate.gov

**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](mailto: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.

