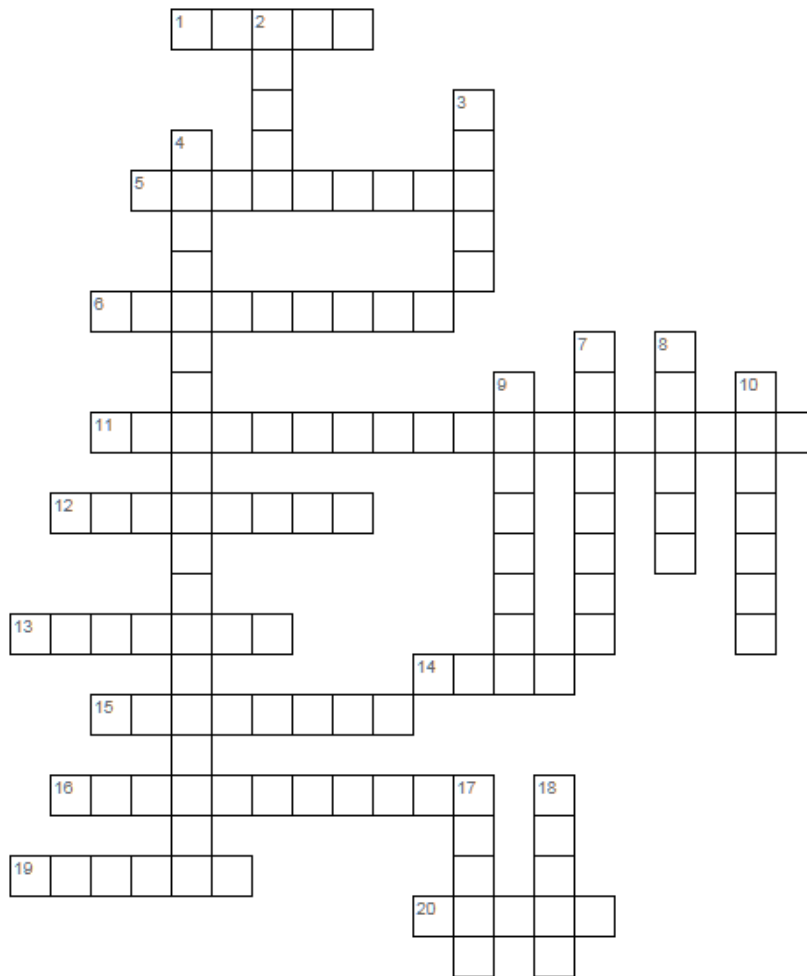


## Healthy Eating



### Across

- 1 You should eat this colour rice.
- 5 The most important meal of the day.
- 6 Bananas are known for having a lot of this.
- 11 The healthy fat found in peanut butter.
- 12 This is a healthy cooking oil because it is high in healthy fat.
- 13 The nutritional component important for muscle growth.
- 14 A healthy, low fat form of milk.
- 15 This type of fat lowers your good cholesterol and increases your bad cholesterol.
- 16 Most of your carbohydrates should be:
- 19 This dairy product should be eaten in small portions because of its above average fat content
- 20 Meat should be \_\_\_\_ instead of fried.

### Down

- 2 This type of fat is found in fish and helps heart function.
- 3 One of the more overlooked nutritional components, this should be consumed daily in liquid form.
- 4 The food group you should be getting the most servings from.
- 7 Orange juice is very high in this vitamin
- 8 Having too much of this on your french fries can increase blood pressure.
- 9 This leafy green vegetable is high in fiber and vitamin C
- 10 An important component found in milk that helps bone growth.
- 17 This is the quickest type of carbohydrate to digest, and should be ate spraringly.
- 18 Vegetables and All Bran are full of \_\_\_\_\_, that may lower cholesterol and keeps you full for longer.