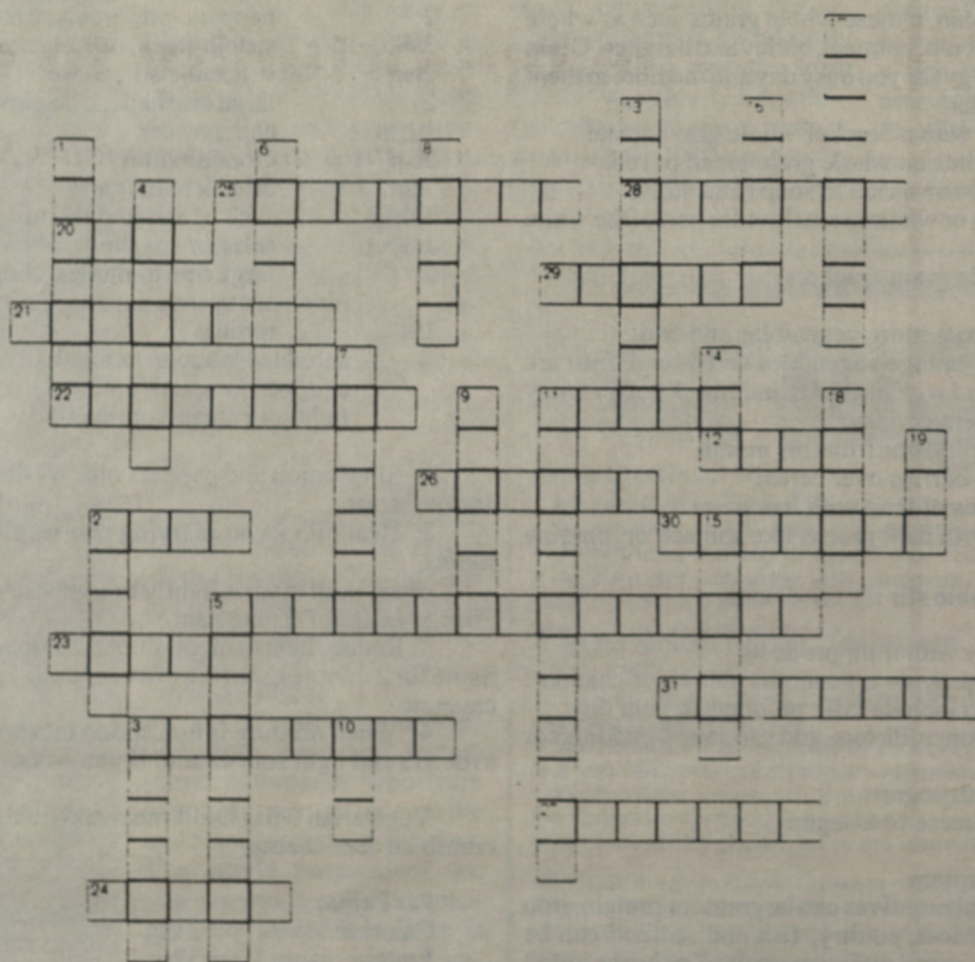


# Nutrition crossword

Don't be puzzled by nutrition. Use the tips in the accompanying pages to guide your daily food choices — and solve this crossword puzzle.

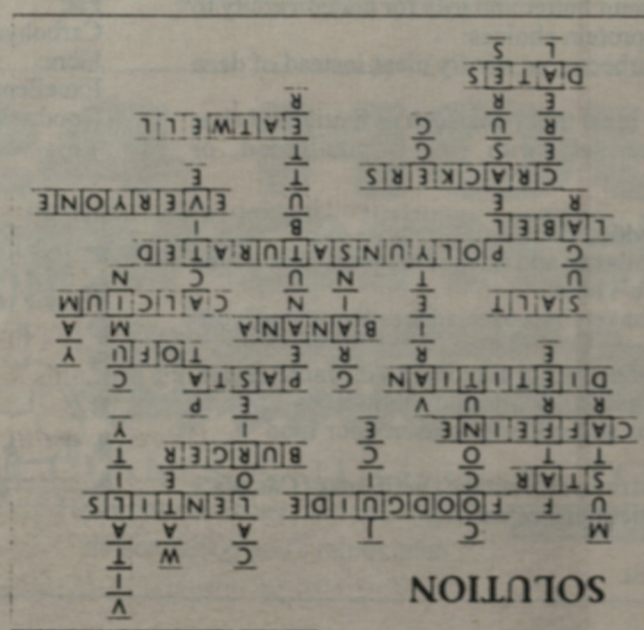
## Across

2. sodium seasoning
3. crisp grain snack
5. type of fat in oil
11. quick meal
12. vegetable source of protein
20. exotic \_\_\_ fruit
21. a stimulant in coffee, tea, chocolate and cola
22. best source of nutrition advice
23. information about food on packaging
24. dried fruit
25. advice on portion sizes
26. a plantain look-alike
27. [www.dietitians.ca/](http://www.dietitians.ca/)
28. curried \_\_\_\_\_ and basmati rice is popular in India
29. always cook until the pink is gone
30. key nutrient in milk
31. healthy eating is important for \_\_\_\_\_



## Down

1. a low-fat and spicy spread for sandwiches
2. a common food-sweetener ingredient
3. a morning starter
4. less than 0.5 g fat per serving
5. dietitians' recipes *Healthy \_\_\_\_\_*
6. tropical plant source of saturated fat
7. "spice of life"
8. fruit beverage
9. top of the *Canada's Food Guide to Healthy Eating* rainbow
10. economical source of protein
11. a meat alternative
13. food energy
14. a butter serving (5 mL)
15. healthy living is \_\_\_\_\_ living
16. essential fluid
17. healthy eating, being active and feeling good about yourself
18. a spice used in Mexican cooking
19. orange vegetable



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