Across
3. Term for Really Fat or overweight
4. What is rich in antioxidants
5. Another word for high blood pressure
7. non-communicable diseases
10. High in omega 3
15. Something you have to do 30 minutes of this daily
16. Starts with M and ends with t
18. Arthritis caused by build up uric acid chrysalis in joints
19. Good for you but expensive
21. When you pause in breathing while asleep
22. Recommend to have 2 litres of this daily
24. Found in all foods
25. With lots of abdominal exercise you could have a .......
26. When the muscle of the air way relaxes to much during sleep and vibrates making noise
27. Better boiled then fried
28. What contains vitamin C and is high in antioxidants
29. Stones which develop in the gall bladder
30. Things with seeds

Down
1. A drink high in sugar
2. ...... Good for you heart
6. What lowers cholesterol
8. Heart pain from heart disease
9. Must have 5 serves of this daily
11. Orange Vegetable
12. When a clot blocks blood flow in to the heart muscle
13. Body mass index
14. Foods that ease digestion
17. Too much = fluid retention
20. When a blood flow to the brain is blocked
23. Red vegetable