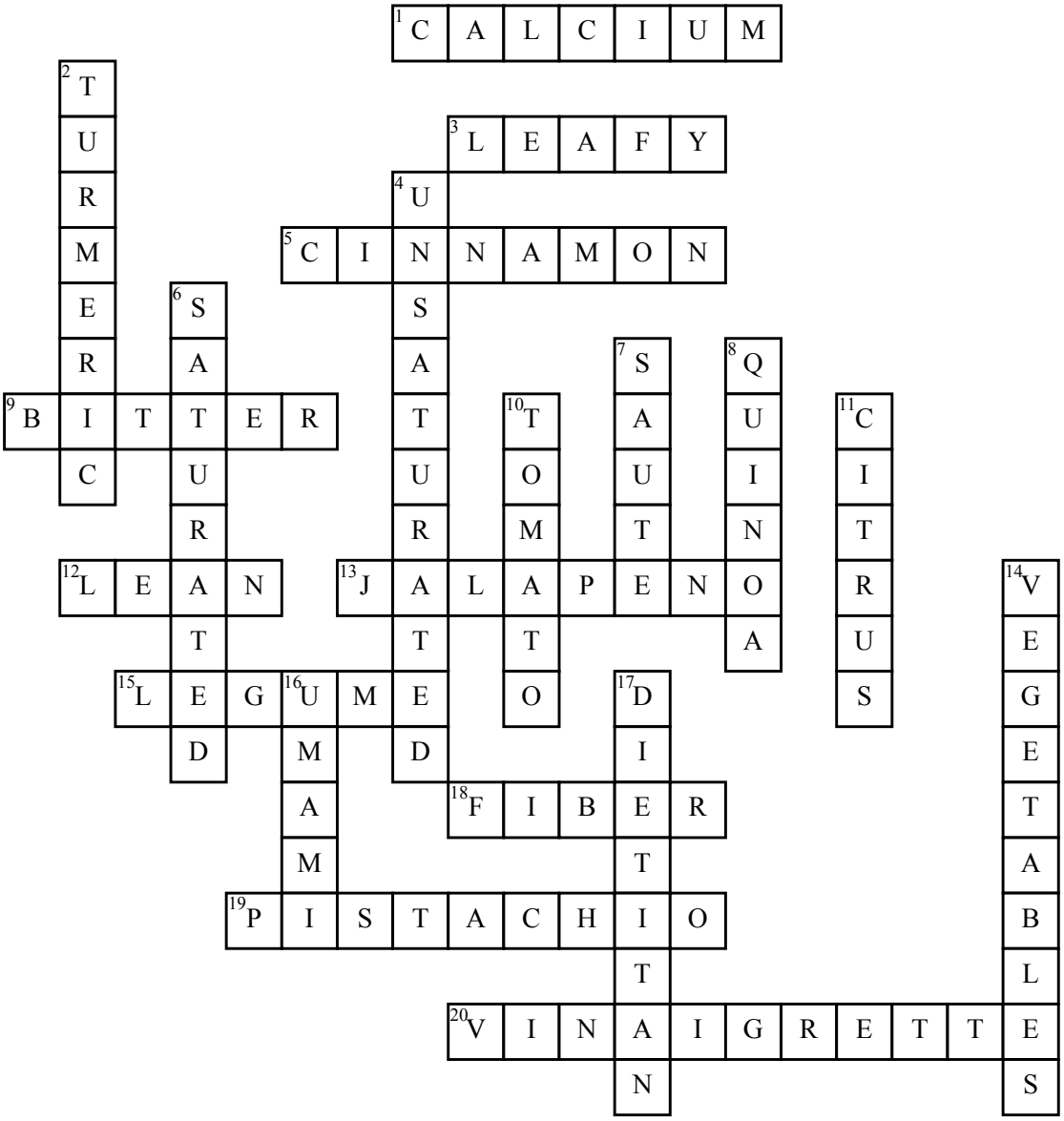
National Nutrition Month 2019 Crossword



Across

1. Dairy products are a good source of

3. Collard greens, kale, mustard greens, spinach and swiss chard are considered dark _____ greens.

5. This spice comes from the bark of trees, add it to your coffee for extra sweetness or add it to apples around the holidays

9. coffee, dark chocolate and tea are all _____

12. Skinless chicken, turkey and beans are all considered _____ proteins

13. This green pepper is somewhat spicy, add it to your salsa for a kick!

15. chickpeas are considered to be from the _____ family

18. fruits, vegetables and whole grains are a good source of dietary

19. These nuts are high in fat and vitamin B6, get crackin' but only in small portions

20. This dressing is made by mixing oil with vinegar or lemon juice

Down

2. Herb used for cooking, native to Southeast Asia and the Indian Subcontient, orange in color

4. _____ fat is liquid at room temperature and comes from oils in plants

6. _____ fat is solid at room temperature

7. This cooking technique means to fry quickly in a little hot fat

8. This seed is classified as a pseudograin. Nutritionally, it is considered to be a whole grain and is also gluten-free.

10. Considered to be a fruit, this food is used as vegetable when cooking

11. _____ foods are high in vitamin C and antioxidants

14. It is recommended that we get five servings of fruits and _____ per day

16. Soy sauce, cured meats and cheese have this flavor

17. A registered _____ is a trained nutrition professional who has met strict educaitonal standards.