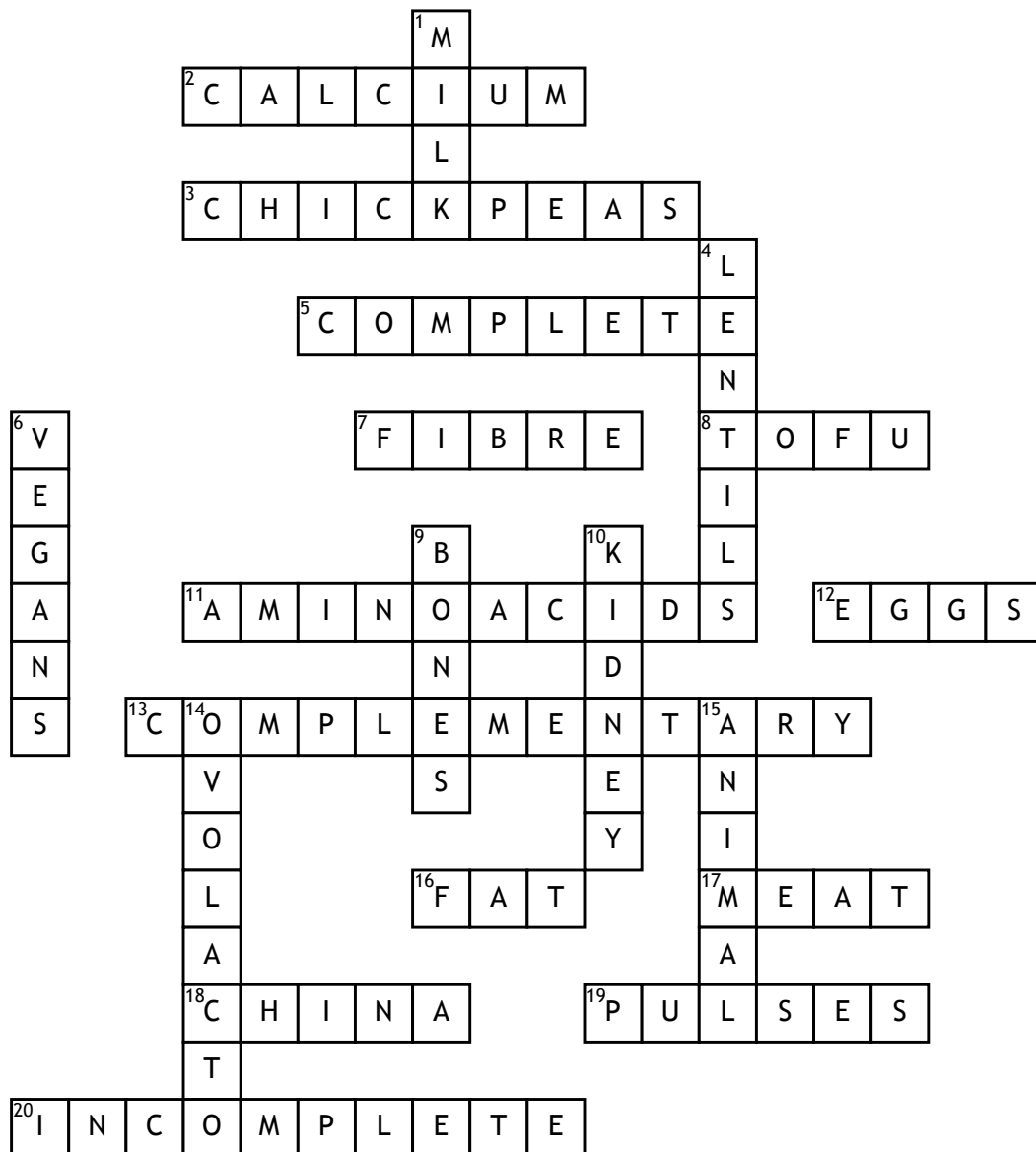


# VEGETARIAN CROSSWORD



## Across

2. vegan diets may be low in the minerals iron and
3. this legume is used to make humus
5. meat is a source of this type of protein
7. vegetarian diets are high in cellulose/roughage or
8. an incomplete protein food made from soybeans
11. proteins are made up of these building blocks
12. a good source of protein for an ovo lacto vegetarian

13. complete protein can be obtained by eating these types of proteins

16. vegetarian diets are low in this nutrient

17. vegetarians do not eat
18. this soybean product was first used in this country
19. another name for legumes
20. legumes are a source of this type of protein

## Down

1. a good source of protein for a lacto-vegetarian

4. may be brown, yellow, red or green

6. Individuals who do not eat meat, dairy products or eggs

9. the main function of calcium is for strong teeth and
10. type of bean commonly used in chili

14. this type of vegetarian could eat an omelette
15. vegans avoid all foods of this origin