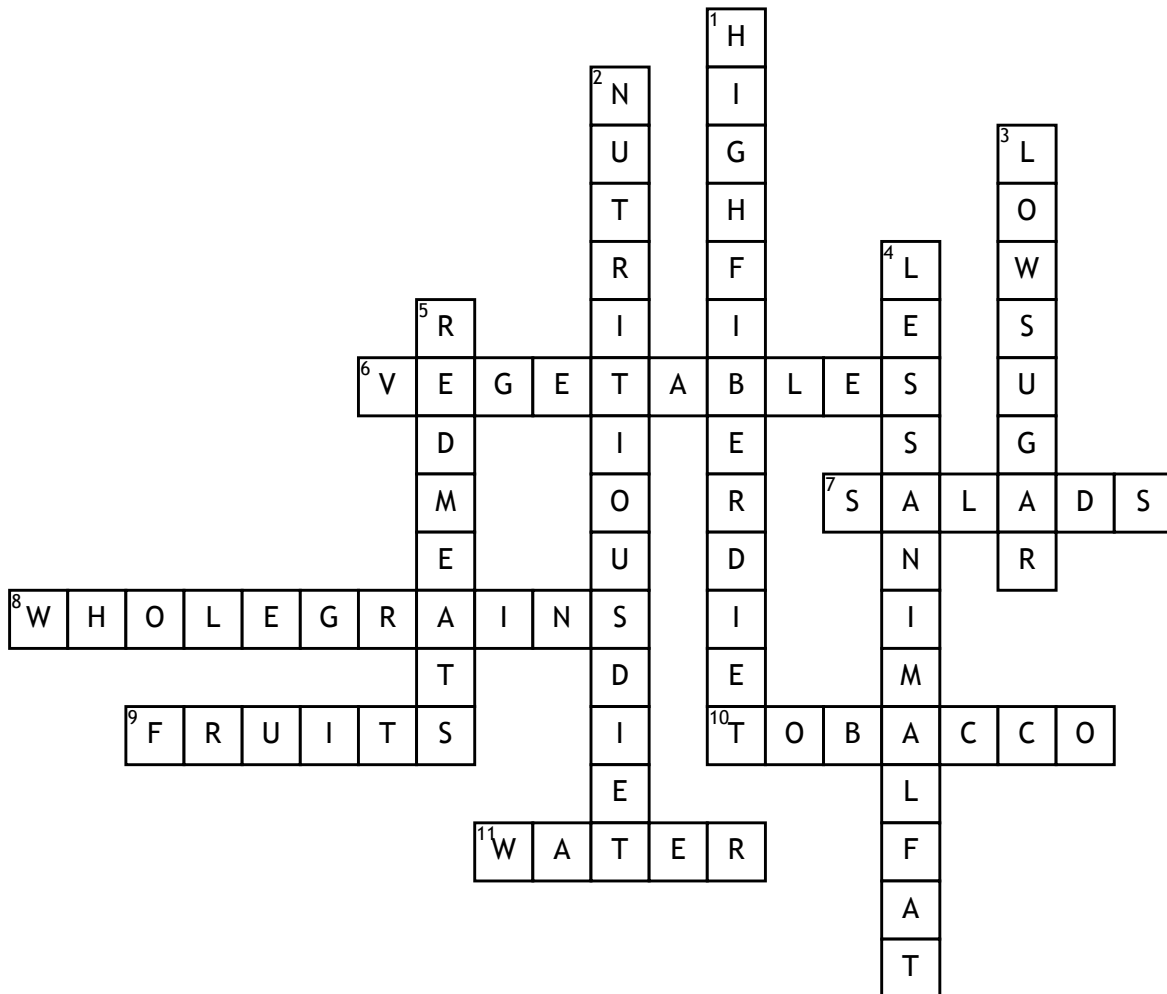


healthy eating habits to prevent lifestyle diseases



Across

6. A diet rich in it can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye
7. helps in controlling weight, increasing immunity and preventing diseases
8. A diet rich in it reduces the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer
9. A diet rich in it can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye diseases
10. avoiding it prevents cancer

11. helps in maintaining your body temperature and avoid dehydration

Down

1. it slows digestion & reduce the risk of stroke, hypertension, and heart disease.
2. having it regularly results in healthy growth, makes you more productive and regulates weight
3. diet controls weight and prevents diabetes
4. reduces heart risk
5. eating it more hardens your arteries resulting in cardiovascular diseases