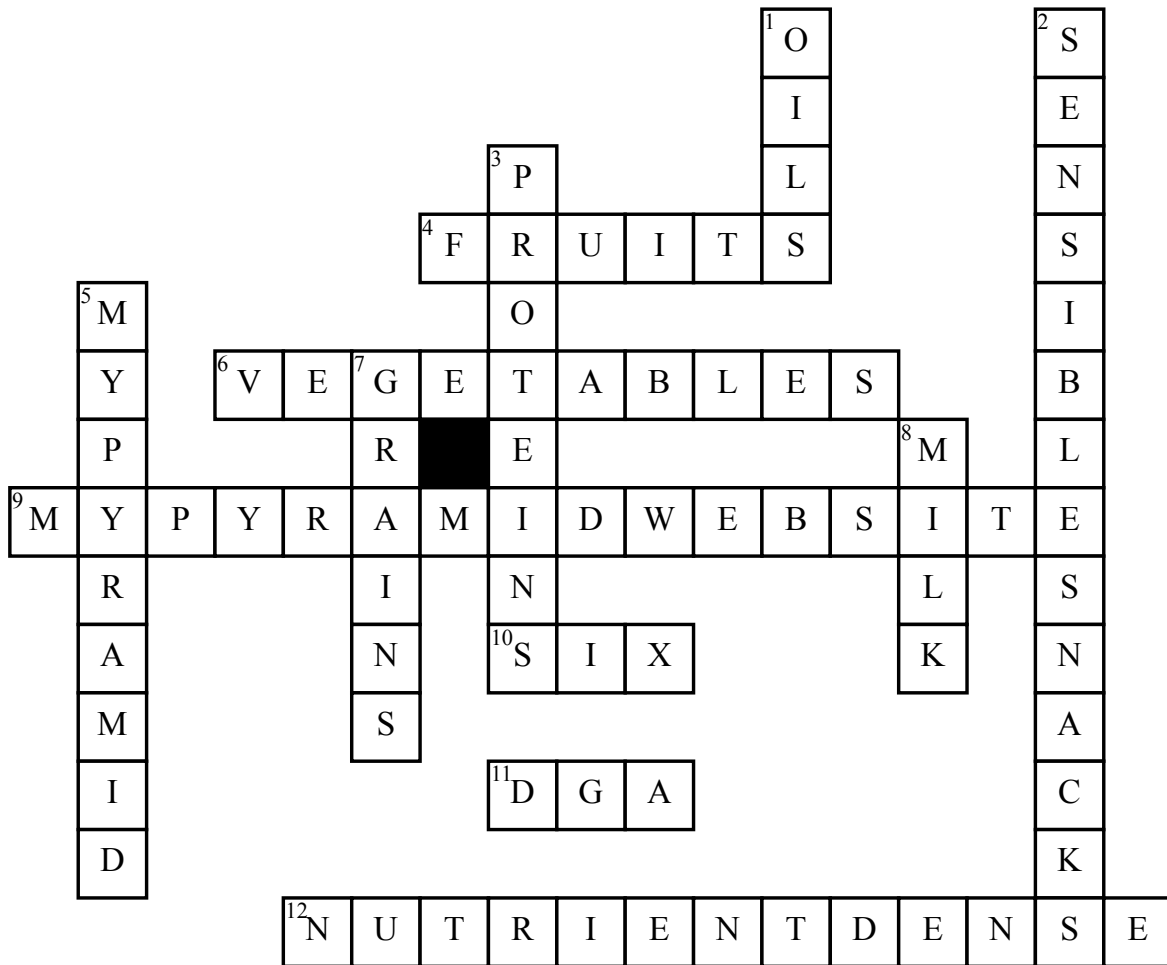


Period:

# Healthy Food Guidelines



### Across

4. Food group that includes orange juice
6. Food group that includes carrots
9. Offers advice on how to choose healthful food sources for your fats to eat

- 10.** How many colors does the pyramid has

- 11. Set of recommendations**  
**12. High ratio of nutrients to calories**

## Down

- ## 1. What is the yellow band for in the Pyramid

- ## 2. Energy to keep you going between meals

- ### 3. Food group that includes eggs

- ## 5. Interactive guide

7. Food group that includes bread

- ## 8. Food group that includes cheese