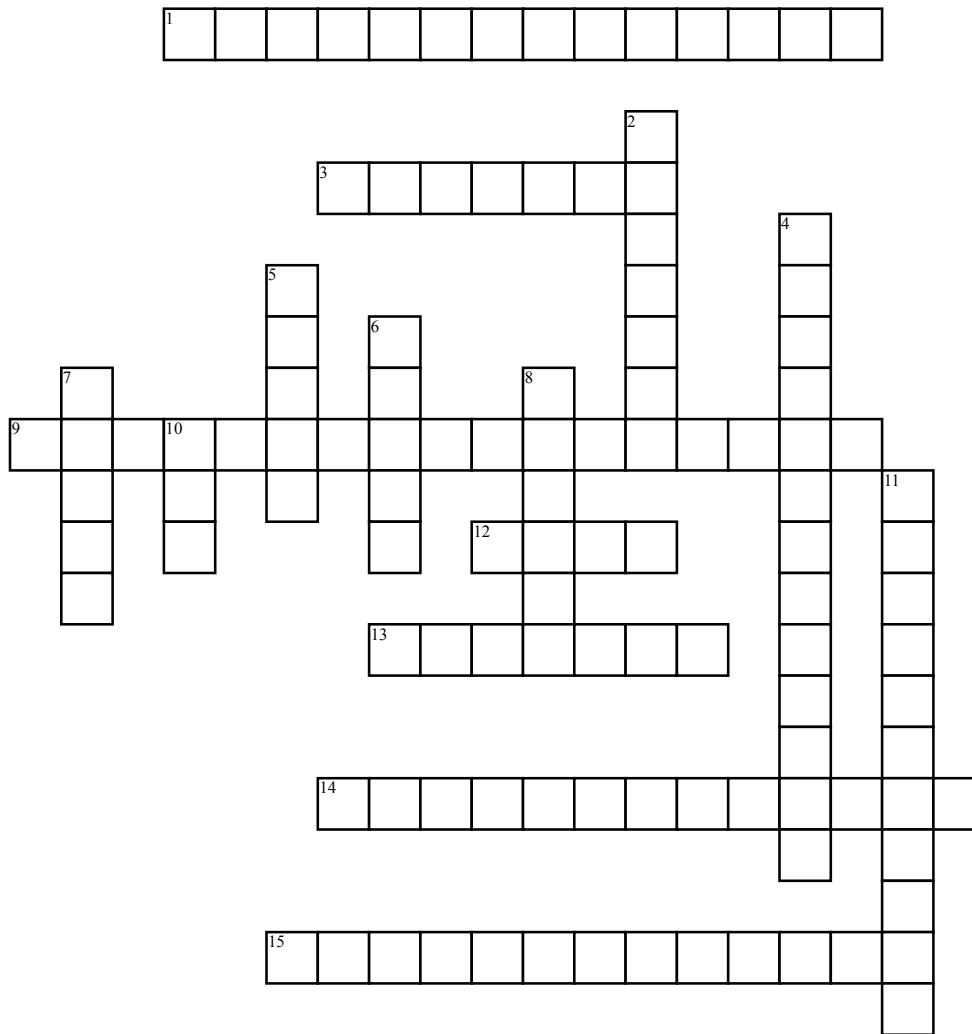


Name: _____

Dietary Guidelines



Across

1. Group of nutrients in fruits and vegetables that protect against cancers, heart disease and other health problems
3. Dairy is a good source of this natural sugar
9. Daily exercise can help prevent this chronic disease
12. Dietary Guidelines are reviewed every _____ years.
13. A chronic disease

14. A person's way of eating on most days.

15. These are high in nutrients and fiber but low in calories

Down

2. Term used to refer to the group of beans and peas
4. Type of fats not healthy for your body; come from animal foods
5. How often you need to be active to be healthy

6. This type of grain includes all 3 parts of the grain kernel

7. Carbohydrate that cannot be digested by the body & gets rid of waste.

8. Most of the foods in this food group don't contain fat

10. Department of Health and Human Services

11. Type of milk heated to kill bacteria

Word Bank

Nutrient dense

Lactose

Pasteurized

Daily

Saturated fats

five

Whole

High blood pressure

Fiber

Obesity

Phytonutrients

HHS

Eating pattern

Legumes

Fruits