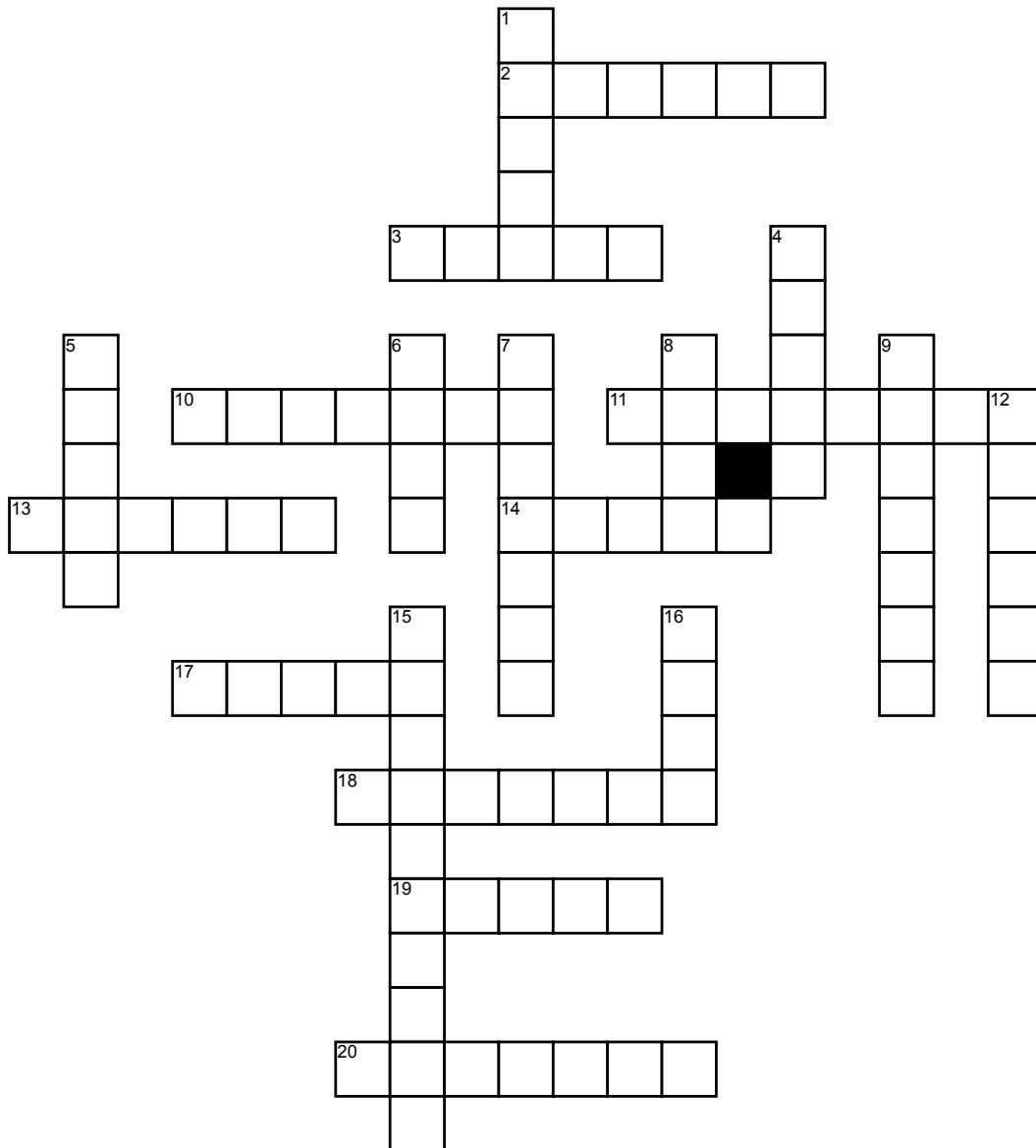


Name: _____ Date: _____

MyPlate Crossword Puzzle



Across

2. Children and adults should be physically _____ on a daily basis.
3. Nuts and _____ are part of the protein group.
10. _____ can help you develop a healthy eating style.
11. Fruits and vegetables provide nutrients, like vitamins and _____.
13. Whole _____ are recommended more often instead of 100% juice.
14. Fruits, vegetables, and whole grains are all good sources of dietary _____.
17. At least half of the grains eaten daily should be _____ grains.

18. _____, also called beans and peas, are high in nutrients.
19. Regular soft drinks, candies, cookies and other desserts are often high in _____ sugars.
20. A _____ eating style is recommended for everyone.

Down

1. Finding ways to reduce food _____ can help to save nutrients and money.
4. Drinking _____ instead of sugar-sweetened beverages is one way to reduce added sugars.
5. This food group is a good source of calcium.
6. MyPlate recommends that fruits and veggies make up _____ of the plate.

7. _____ is a good source of heart healthy fats.
8. The number of MyPlate food groups.
9. Eating a _____ of food is important.
12. Looking at _____ on the Nutrition Facts label will tell you how much salt per serving a food contains.
15. A variety of different colored fruits and _____ are recommended daily.
16. _____ from plant sources are healthier than solid fats.