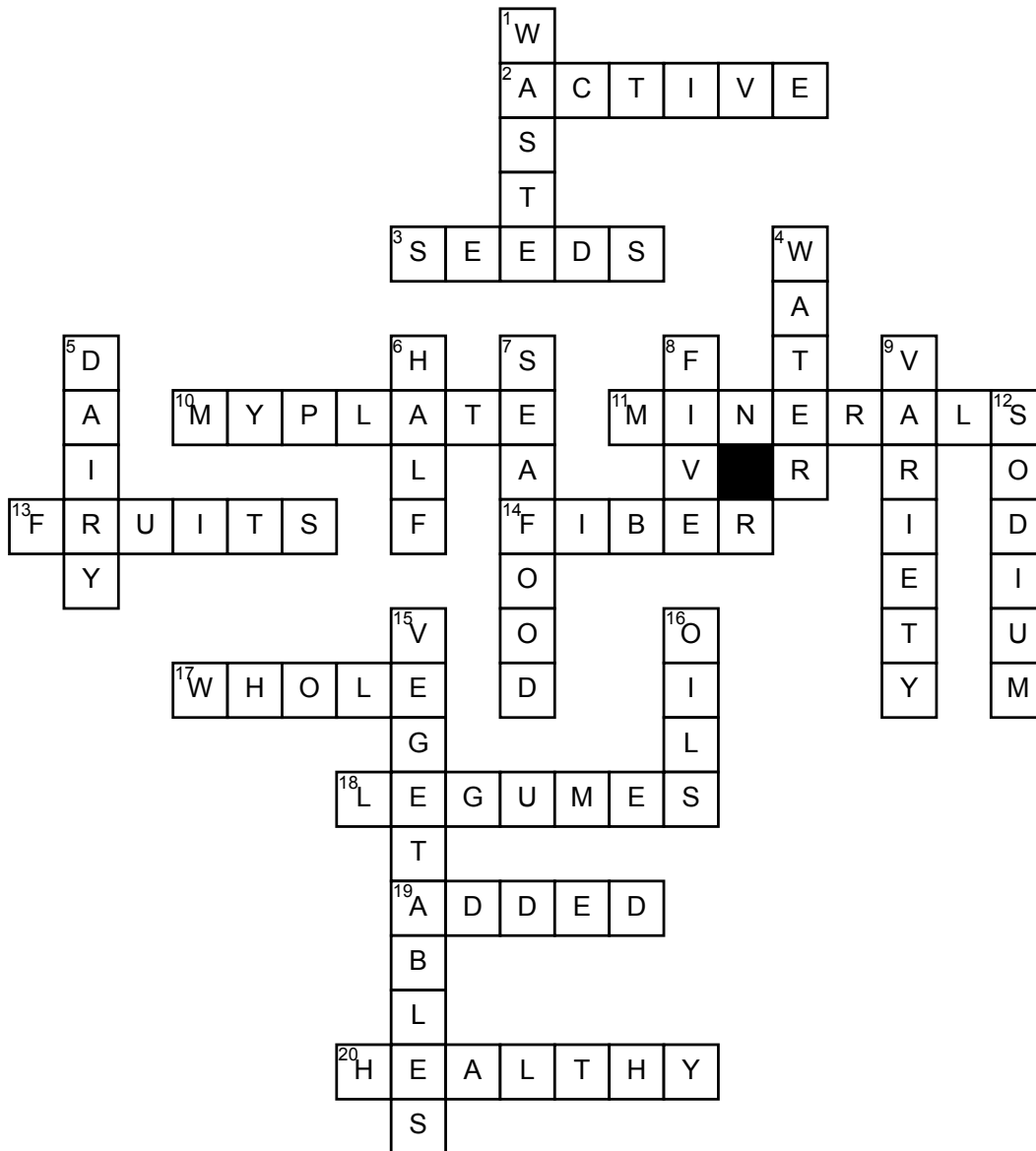


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# 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.