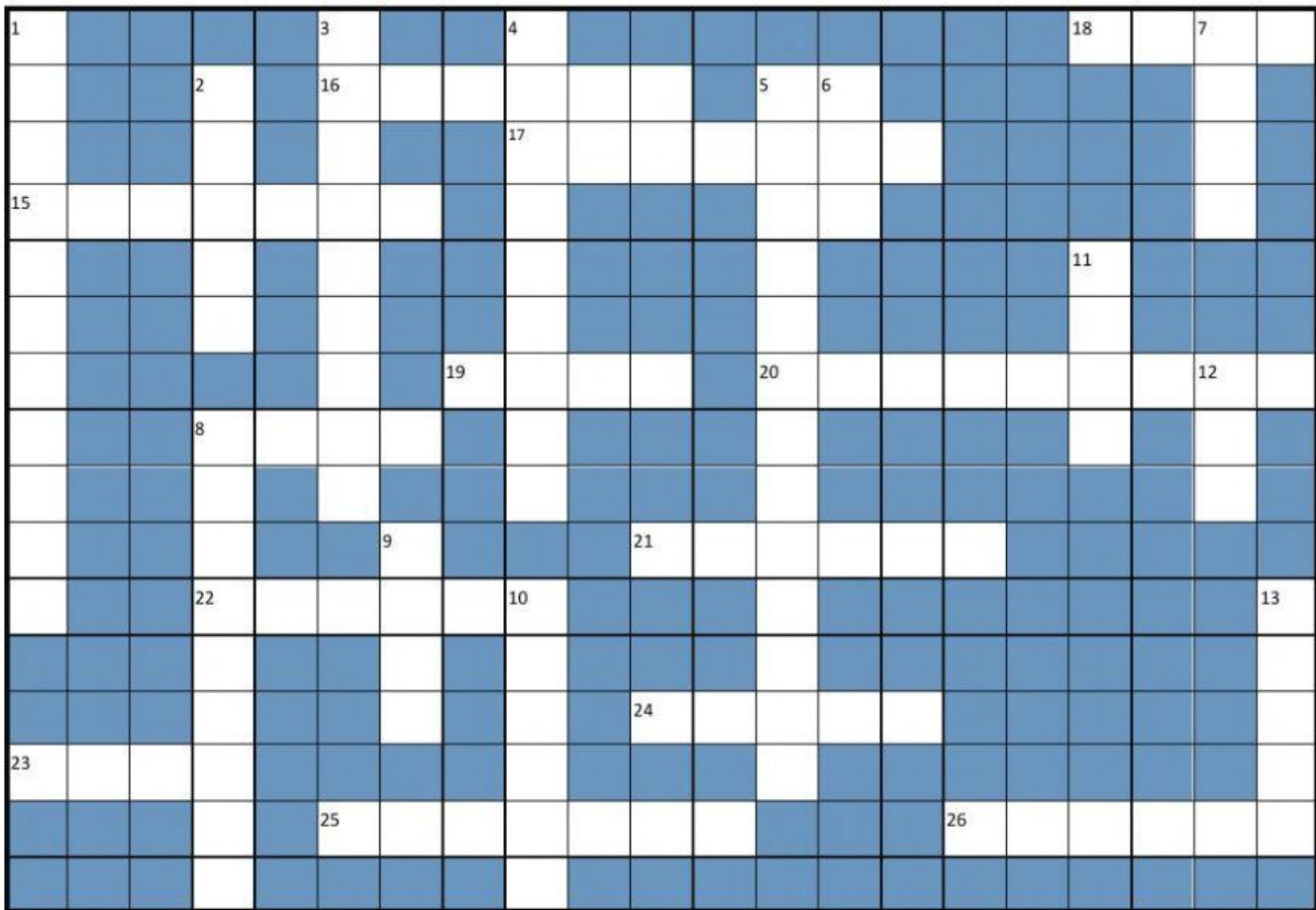


Crossword Puzzle



DOWN:

1. Grains that have the whole kernel intact.
2. group that contains apples.
3. group that contains winter squash, lettuce.
4. Whole grain version of rice.
5. Grains that are not whole.
6. Choose dairy products that are low in saturated ____.
7. One way to increase strength is to ____ weights.
8. MyPlate took the place of this old food guide.
9. Contain healthy fat and include walnuts and almonds.
10. You should exercise daily for a minimum of ____ minutes.
11. Most people need to drink 3 ____ of milk per day.
12. Vegetables may be ____ or cooked.

13. If you ____ the house instead of watching TV, you will burn twice the calories.

ACROSS:

8. This favorite breakfast drink is part of the MyPlate diary group.
15. Dried beans (high in fiber).
16. Balance ____ to control weight.
17. This cooked breakfast cereal is a whole grain.
18. Most people can do this exercise.
19. An animal that swims - good for your heart.
20. The white part of a grain kernel, used for white flour.
21. A ____ of wheat contains the endosperm, germ and bran.
22. This high-calcium dairy food is eaten with a spoon.

23. Buy ____ milk (fat free).

24. One serving of meat or grains.
25. MyPlate group that contains meat, fish, and legumes.
26. Work outside in the ____ to be more active.