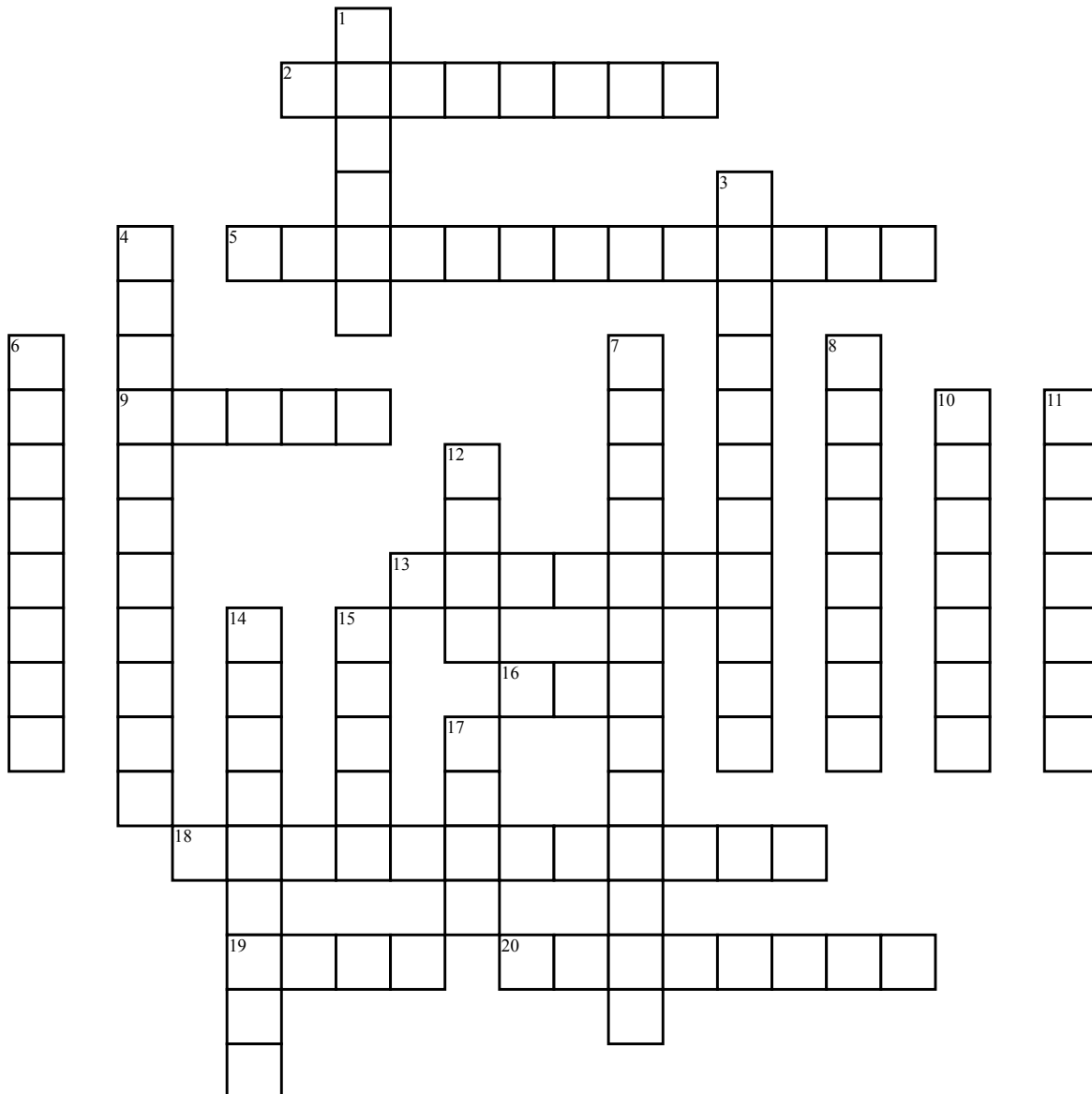


# Bits and Pieces brain twister



## Across

2. What spice can you put on grillable meat that will reduce the cancer causing compounds?  
 5. What nutrient can you cut out of your diet to lose 10% of your weight?  
 9. What item can you make yourself for your pasta that is healthier?  
 13. What is the worst soda brand you can drink?  
 16. How much fiber should the average male get per day?  
 18. What fruit can help prevent aging?  
 19. What meal should you start your day with to consume less calories throughout the day?

20. when having a high fat/highcalcium diet, what kind of cancer can become worse or even spread?

## Down

1. What dairy product has bacteria in it that fights against cavities?  
 3. What part of soda is bad for your teeth?  
 4. What is the unhealthy part of lucky charms?  
 6. what is one vegetable that slows cancer cell growth?  
 7. Where should you store apples to keep them fresh?

8. When you eat fish and broccoli together, what does it contain that is so beneficial?

10. What type of chicken is in the cool wrap from Chik-Fil-a?

11. What nut can help your cholesterol?

12. How many calories does 1g of carbohydrates contain?

14. What foods can only last 4-5 days then should be thrown out?

15. What color vegetables are good but not usually promoted?

17. what canned vegetable is 44% better for you than it is fresh?