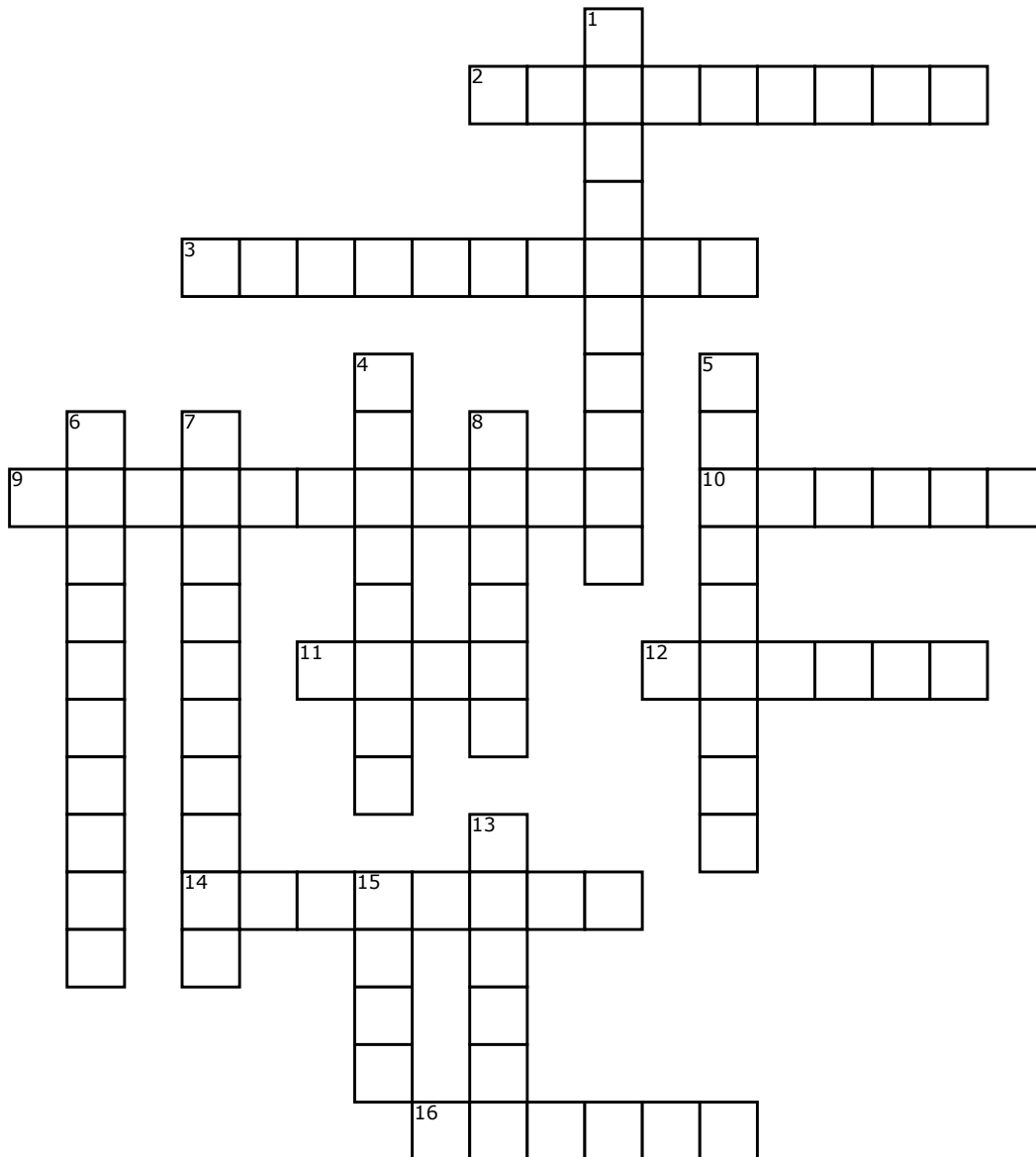


Name: _____

Date: _____

Eat the rainbow!



Across

2. Most often associated with urinary tract infections, this superfruit can also increase your HDL cholesterol levels

3. This tart fruit has antibacterial and anti-inflammatory ability that helps prevent oral disease

9. A delicious orange treat that your gut loves and free radicals love to hate; most commonly eaten around the holidays

10. This fruit is the cousin of grapefruit, packed with antioxidants and Vitamin C, has been associated with weight loss, improved heart health, and promotes youthful looking skin

11. This "vegetable" is actually a grain and can be used to keep your energy up for longer

12. This fruit can protect against arthritis and lower menstrual pain

14. Often used as a meat substitute, this fruit is high in manganese and folate

16. A common anti-inflammatory and antioxidant rich fruit, it can also help you recover faster after a tough workout

Down

1. A tastier way to hydrate, this fruit has levels of lycopene similar to a tomato

4. Part of the cabbage family and almost universally hated by children across the United States; high in vitamins C and K and sulforaphane

5. Shaped like a spear, this vegetable contains lots of chromium, which helps in glucose transport

6. This leafy green is related to both beets and spinach and just one cup cooked can help you meet your daily intake of Vitamins A and K

7. Some varieties are rich in carotenoids and vitamins and others, while still crunchy and delicious, are eaten while not fully ripe

8. Can be used to sweeten up your morning cereal, this fruit is packed with tryptophan and potassium

13. A peppery, crunchy vegetable that can help prevent red blood cell damage and promote heart health; some varieties can even be used to treat jaundice

15. When dried, this fruit can help reduce constipation and promote bone health