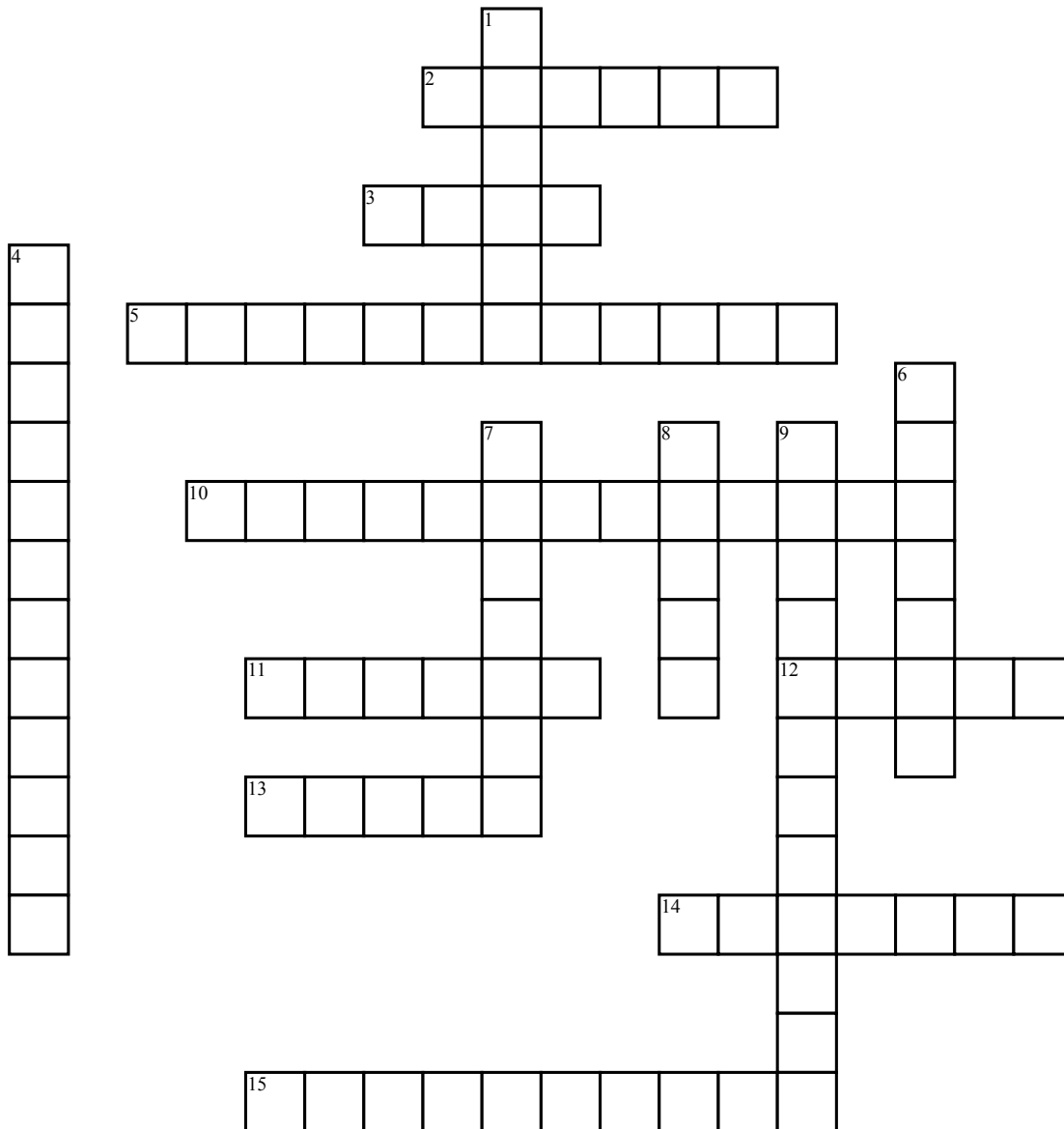


Name: _____

Date: _____

Foods on a Heart Healthy Diet



Across

- 2. A type of fish rich in omega 3 fats.
- 3. On a heart healthy diet, one should consume this type of protein.
- 5. Type of nut with high omega 3 fats.
- 10. These vegetables that look like mini cabbages are high in soluble fiber.
- 11. What type of cooking oil is heart healthy: liquid or solid?
- 12. Pinto, Black, Kidney, and Lima. These are all types of _____.

- 13. Use _____ when cooking instead of salt to reduce sodium levels.
- 14. A skinless lean source of protein.
- 15. A flavorful vegetable high in Vitamin C, B6, and potassium. Hint: often found in a variety of colors such as red, green, orange, and yellow.

Down

- 1. A potassium rich fruit.
- 4. Can be substituted for ground beef to decrease fat content.

- 6. A cereal that helps lower cholesterol.
- 7. Type of fruit that has been associated with reduced risk for heart attack. Hint: They come in different colors.
- 8. Mom always said an "_____ a day keeps the doctor away".
- 9. Type of fiber that lowers cholesterol.