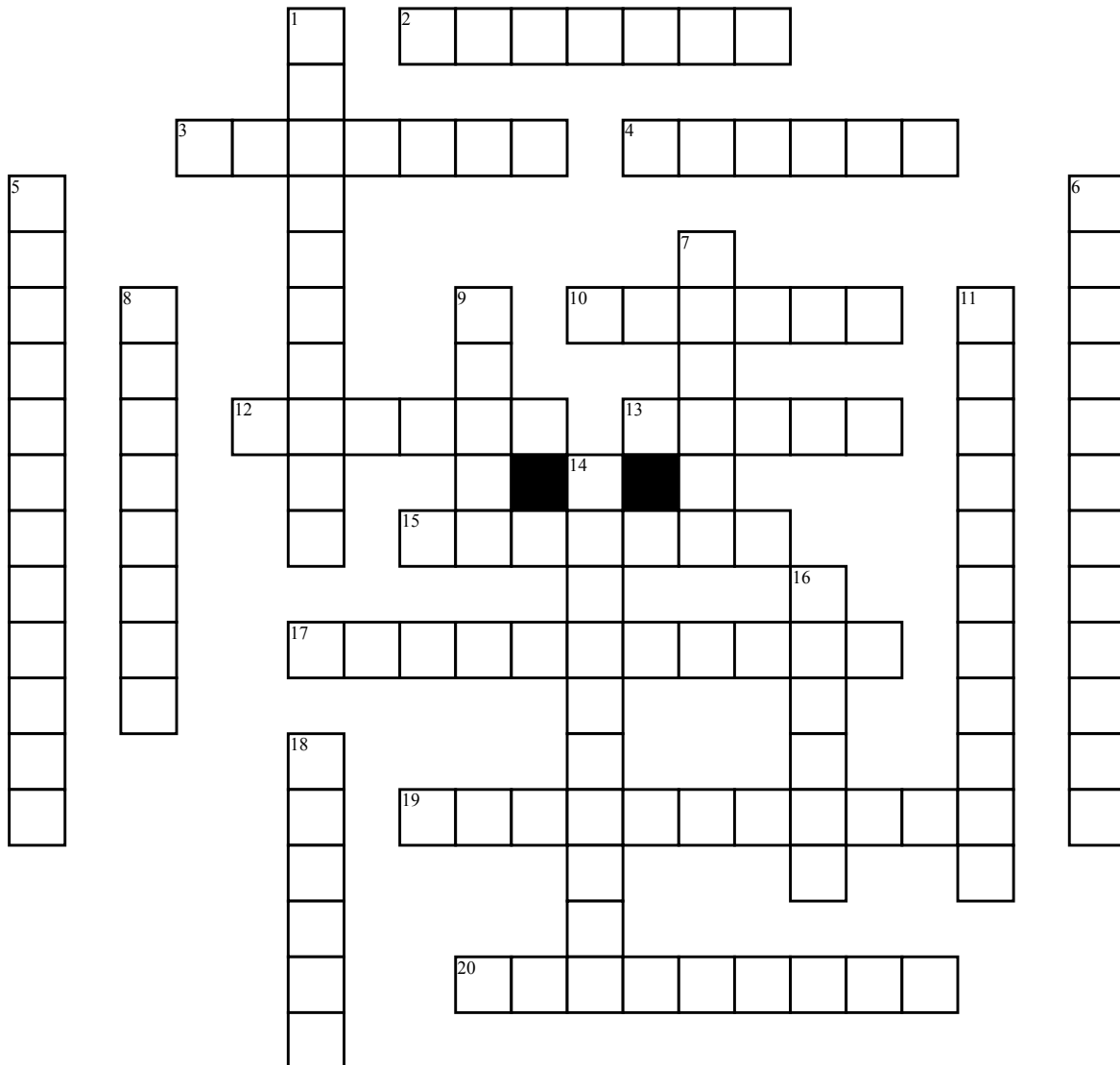


Healthy Fruits Crossword Puzzle



Across

2. different from most other fruits
 3. one of the most popular fruits in the world
 4. a notable health benefit in this fruit is its pectin content
 10. their high antioxidant content is what makes them stand out
 12. nickname is "king of fruits"
 13. In animal studies, the plant compounds have shown to protect against diabetes
 15. a great source of fuel before exercise

17. contains significant amounts of flavanol polyphenols
 19. levels of antioxidants are 3 times higher than those of green tea & red wine
 20. is a nutrition superstar among tropical fruits

Down

1. known for its ability to aid weight loss
 5. antioxidants from this fruit have shown to reduce inflammation & aging of arteries
 6. have a relatively low glycemic index

7. the body absorbs lycopene better from this fruit than from other fruits & veggies
 8. rich in potassium, fiber and vitamin C
 9. protects cells from oxidative damage
 11. is known for its powerful effects on the immune system
 14. is made up of over 90% water
 16. the citric acid in its juice has the ability to treat kidney stones
 18. a good source of vitamin E