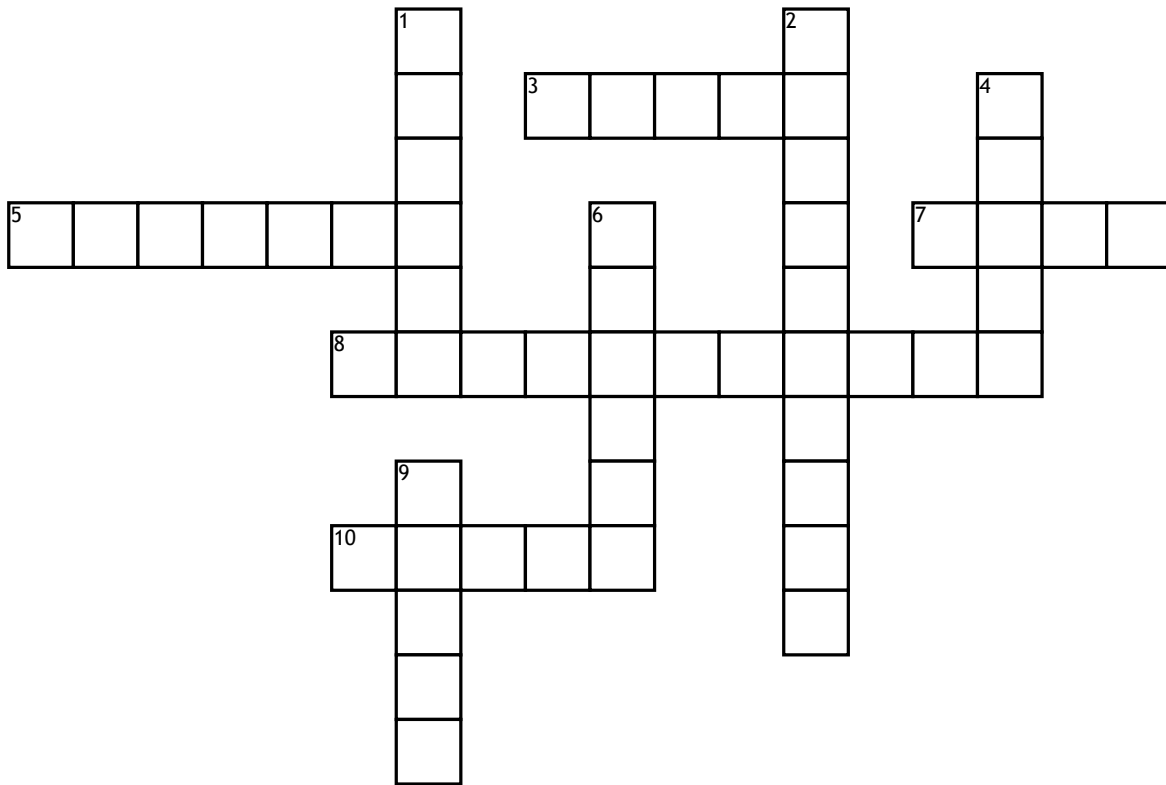


Name: _____

Heart Health



Across

3. _____ grains are a great source of heart-healthy fiber.
5. _____ can cause heart disease.
7. The left side of the heart supplies blood to the _____.
8. _____ fat is good for your heart in moderation. It is in things such as olive oil and fish.
10. You can measure this by placing two fingers on the artery by your wrist and counting the beats over 60 seconds.

Down

1. Blood carries _____ to the heart.
2. Eating fruits and _____ is important to get nutrients you need for a healthy heart.
4. Staying a healthy weight, avoiding excess sodium, and getting enough regular exercise can help maintain a healthy _____ pressure.
6. Staying _____ every day with exercises is important for heart health.
9. The right side of the heart supplies blood to the _____.