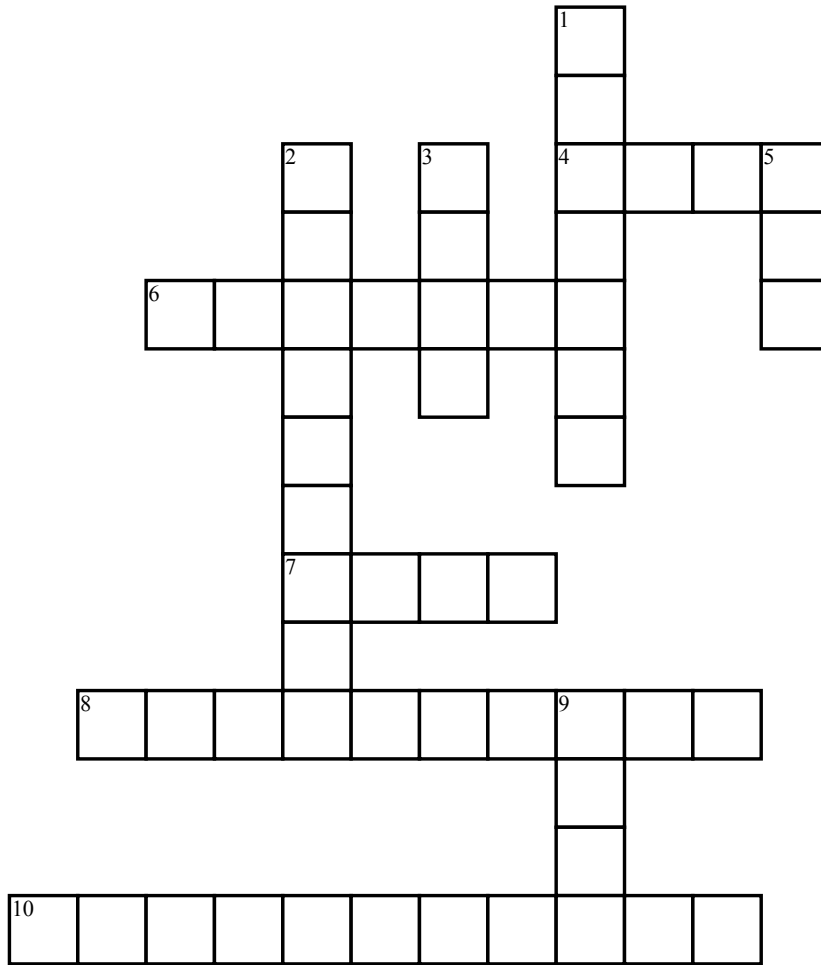


MyPyramid Crossword



Across

- 4. Includes unsaturated nut and vegetable ____.
- 6. Other known as
- 7. To make low-fat or fat-free choices is in what category
- 8. Each color represent different
- 10. varying widths of the bands in the MyPyramid plan represent

Down

- 1. Eggs are located in the _____ Category
- 2. system provides many options to help Americans make healthy food choices and to be active every day.
- 3. Includes fish,Beans,and peas
- 5. Made up of _____ groups
- 9. Founded by

Word Bank

- | | | | | |
|---------|-----------|--------------|-------------|---------|
| Meat | MyPyramid | Six | Food Groups | USDA |
| Protein | Oils | consume rate | Milk | MyPlate |