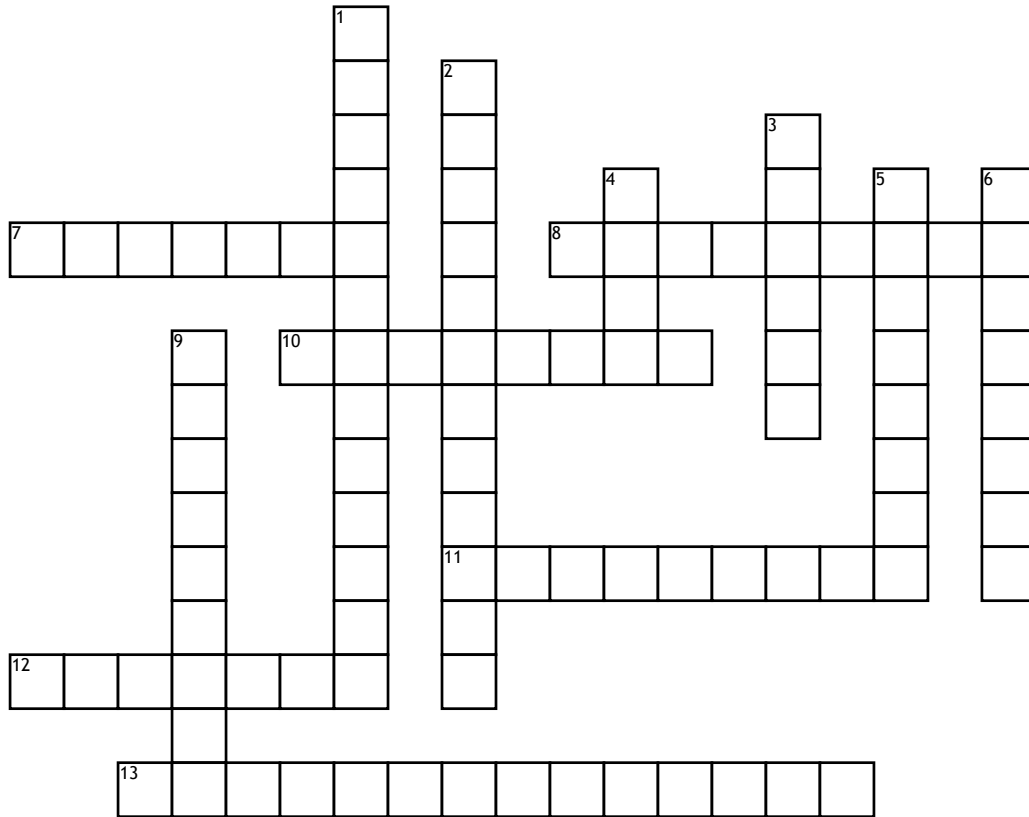


NFL Foods



Across

- 7. At lunch, players will eat 6 to 8 ounces of meat or fish, plus grains and veggies and a healthy fat, like half of an _____.
- 8. A group of hungry, exhausted football players walked into the _____ on a Tuesday in late August.
- 10. Washington head nutritionist Jake Sankal makes sure cornerback Fabian Moreau is _____ during a recent practice.
- 11. Water bottles with black tape contain a high amount of _____, invisible electrolytes.
- 12. To the right was a toppings-filled salad bar, next to rows of six different lunch _____ and trays of pizza with thin Greek yogurt crusts.

13. Sankal also delivers various drinks, like smoothies, to players' lockers before practice, all _____ based on player needs.

Down

- 1. Some call for no _____ at dinner and more at lunch.
- 2. Water bottles with black tape contain a high amount of tasteless, invisible _____.
- 3. The average food _____ for an NFL player varies based on the size and position of each, but the average player for Washington this season consumes about 4,000 calories per day.
- 4. To their left was one of their favorites, a smoothie bar stocked with single-serving bags of frozen fruits, milk and _____.

5. More Sports Teams Employ A Sports Dietician Sankal's job consists of constantly thinking about hydration levels, snacks, _____, body composition and meal prep.

- 6. The average food intake for an NFL player varies based on the size and position of each, but the average player for Washington this season consumes about 4,000 _____ per day
- 9. He doubles as the team's director of sports _____, an increasingly common position in the NFL.

Word Bank

- | | | | | |
|--------------|----------------|-----------|-----------|---------------|
| electrolytes | hydrated | Nutrition | tasteless | carbohydrates |
| options | kale | avocado | proteins | intake |
| calories | individualized | cafeteria | | |