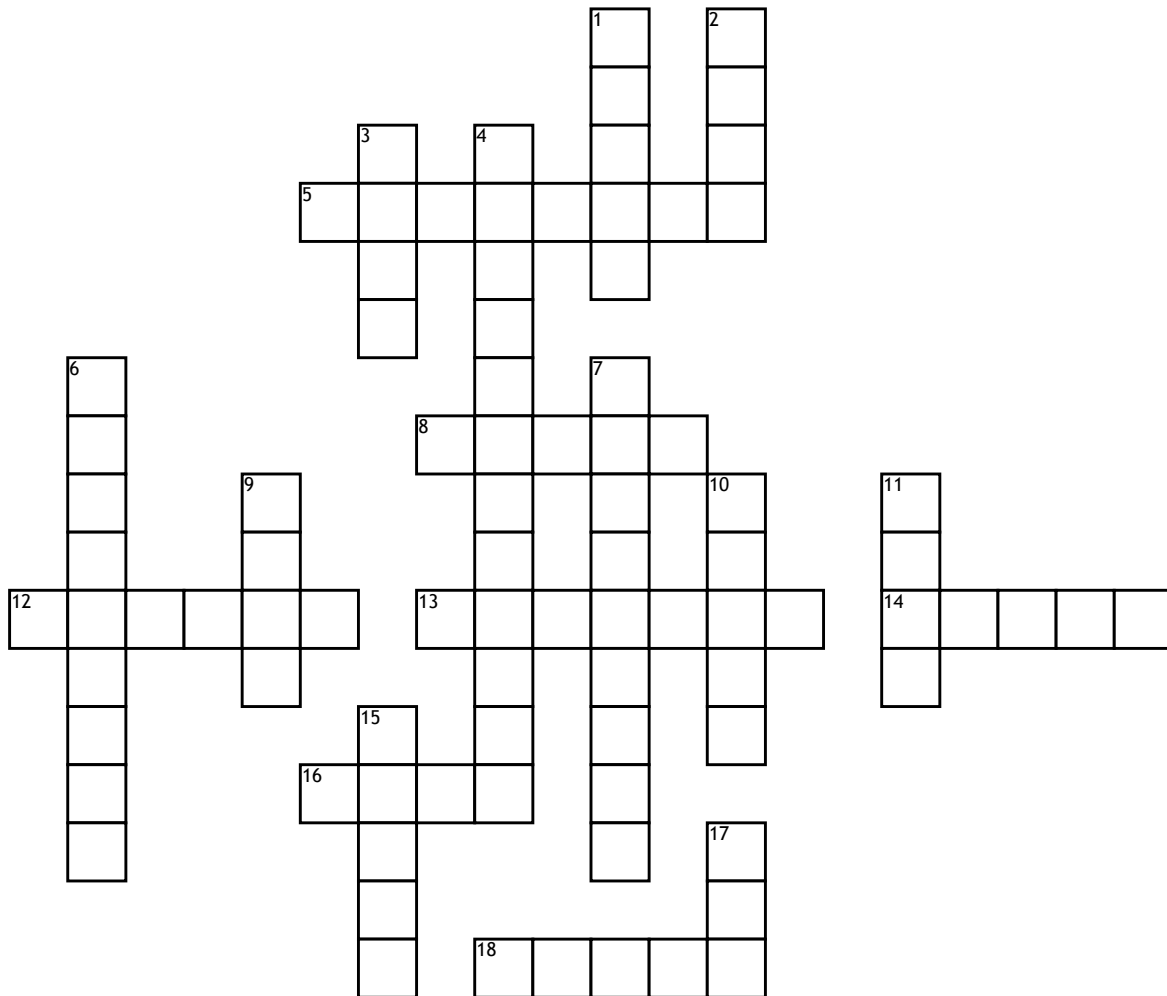


Name: _____

Date: _____

Nutrition Crossword



Across

- 5. Can count as a vegetable or grain exchange
- 8. Ounces of meat that equals 3 protein exchanges
- 12. $\frac{1}{2}$ cup can count as 1 dairy or 1 protein exchange
- 13. Exchanges provide tissue repair & growth, B12, and iron
- 14. Ounces of fish that equals 3 protein exchanges
- 16. Ounces of tofu that equals 3 protein exchanges
- 18. Exchanges provide fiber, vitamins, and phytonutrients

Down

- 1. 2 slices count as 1 protein and 1 fat exchange
- 2. Can count as a vegetable or grain exchange
- 3. Ounces of juice to count as a fruit exchange
- 4. Exchanges provide energy, fiber, and B vitamins
- 6. This milk counts as 1 dairy and 1 fat exchange
- 7. Exchanges provide fiber, water for hydration, vitamins, and phytonutrients

- 9. Can count as a vegetable or grain exchange
- 10. Exchanges provide protein, calcium, and phosphorous
- 11. 1 TBSP can count as 1 protein or 1 fat exchange
- 15. Ounces of milk to count as a dairy exchange
- 17. Exchanges provide energy, allow absorption of fat-soluble vitamins, and support healthy brain function