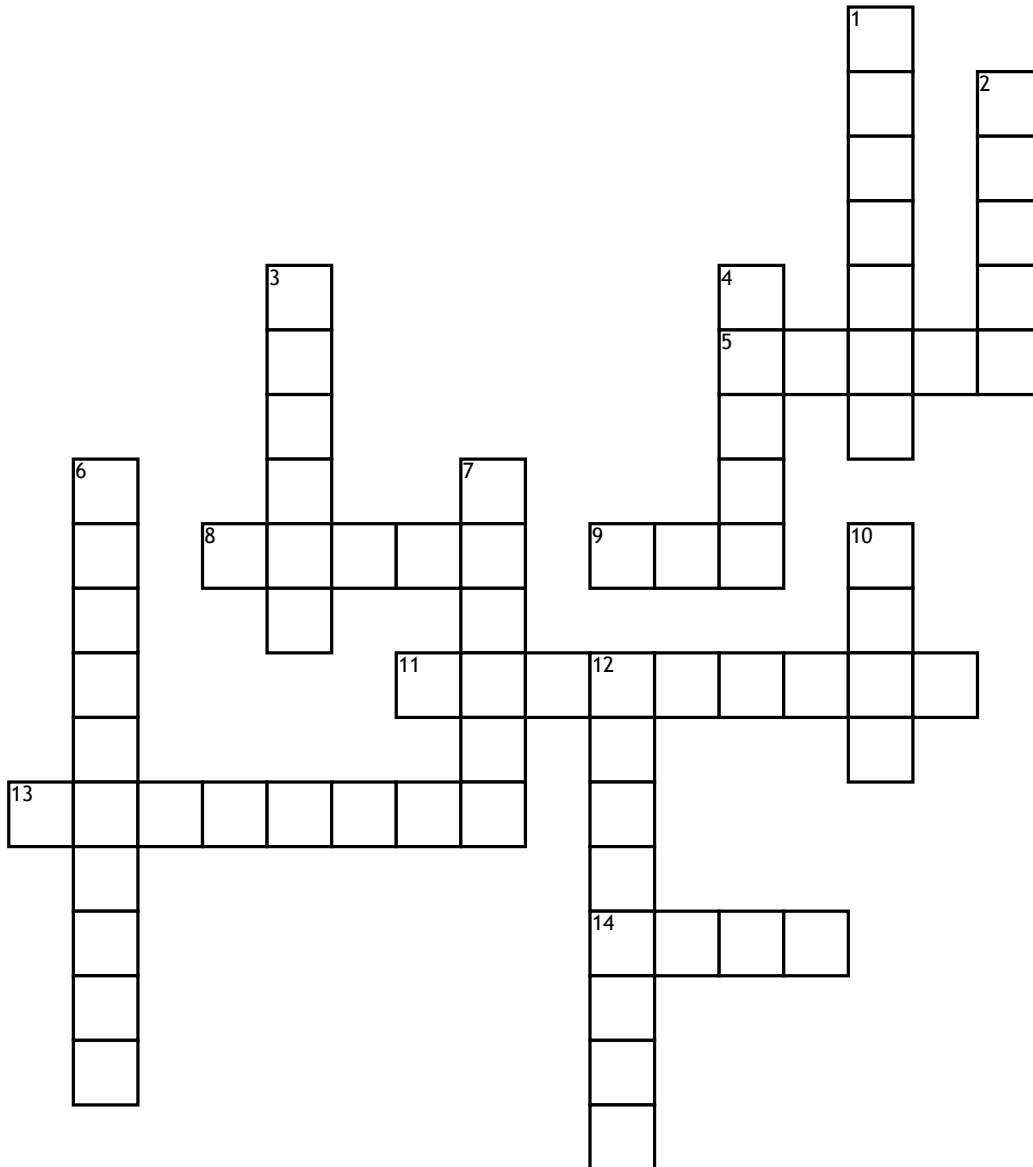


Name: _____

Date: _____

Nutrition Crossword



Across

5. Foods with a high glycemic index such as soda, candy, and donuts will _____ our blood sugar

8. When choosing a drink, the best option to stay hydrated is _____!

9. When drinking milk, it is important to choose low _____ options such as 1% and skim

11. Nutrition should not be viewed as a diet, but as a _____

13. Consuming too many _____ can lead to weight gain

14. Peas, Potatoes, and _____ are all examples of starchy vegetables

Down

1. Turkey, chicken, and beef are examples of?

2. Use _____ grains for 1/2 of your daily grains!

3. Foods with a low glycemic index, such as fruits and veggies, help to keep our blood sugar within _____ range.

4. Apples, Bananas, and Blueberries belong to this food group

6. Broccoli, spinach, onions, and cucumbers are all considered to be _____-_____ vegetables

7. Noodles, rice, and bread are all placed into this food group

10. It is important to make _____ of our plate fruits and veggies.

12. _____ as well as healthy eating, are both important when it comes to our overall health