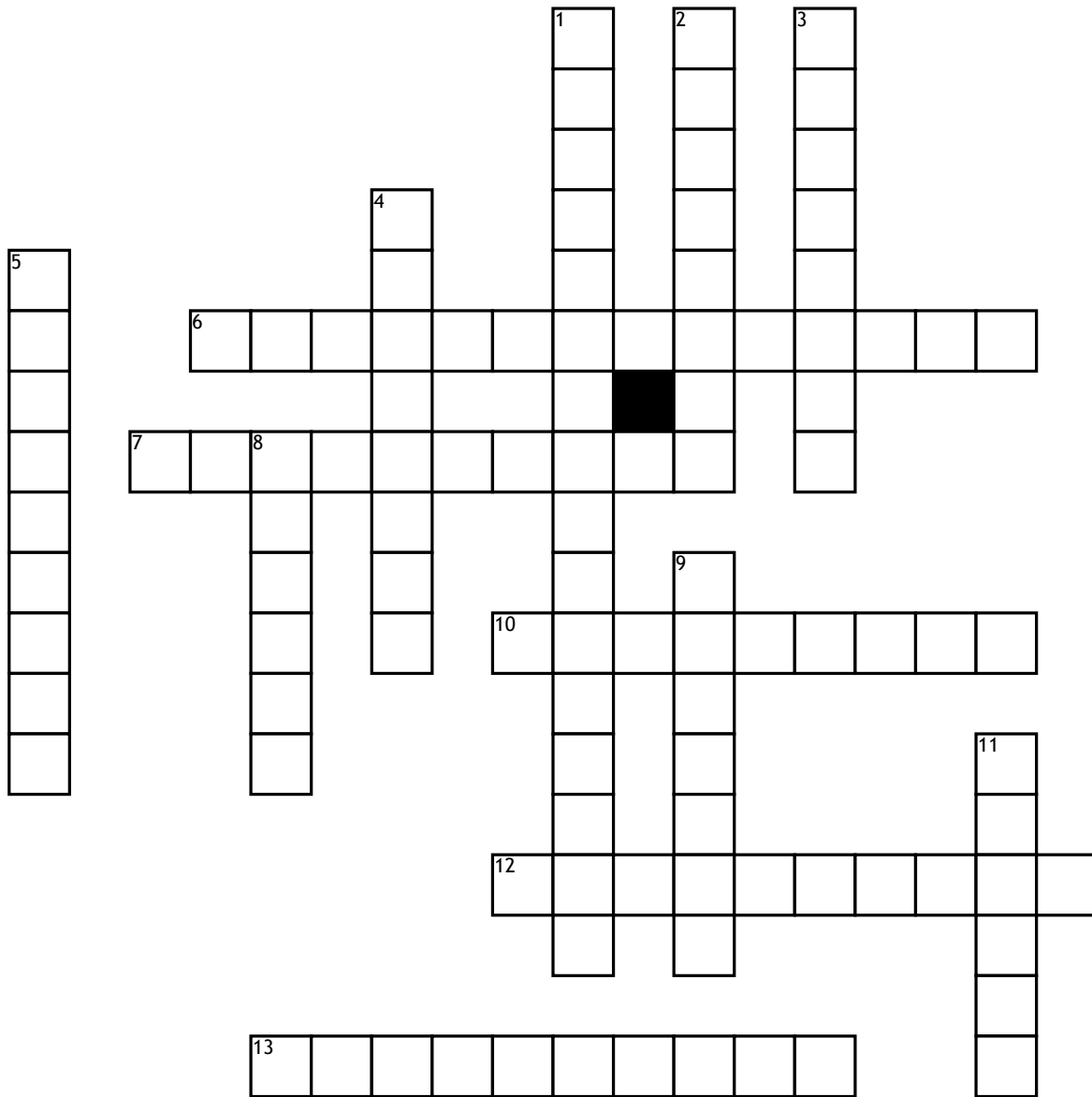


Nutrition Month Crossword



Across

- 6. Eating a handful of nuts vs. a bag of nuts
- 7. Munching on snacks while watching TV
- 10. Changes that can help improve blood pressure and cholesterol
- 12. Low calorie, vitamin rich snack
- 13. Eating due to hunger vs. boredom

Down

- 1. A place people come together, learn to cook and share meals
- 2. Adults who eat with their friends are less likely to eat this
- 3. Dietitians help manage blood sugar control for people with this condition
- 4. Mealtimes are an opportunity for family members to do this

- 5. Children who eat with their family are more likely to perform better in this area
- 8. Keep these on hand in case you get hungry
- 9. Plant-based proteins, commonly used in soups and stews
- 11. Fueling your body with healthy snacks during the day provides