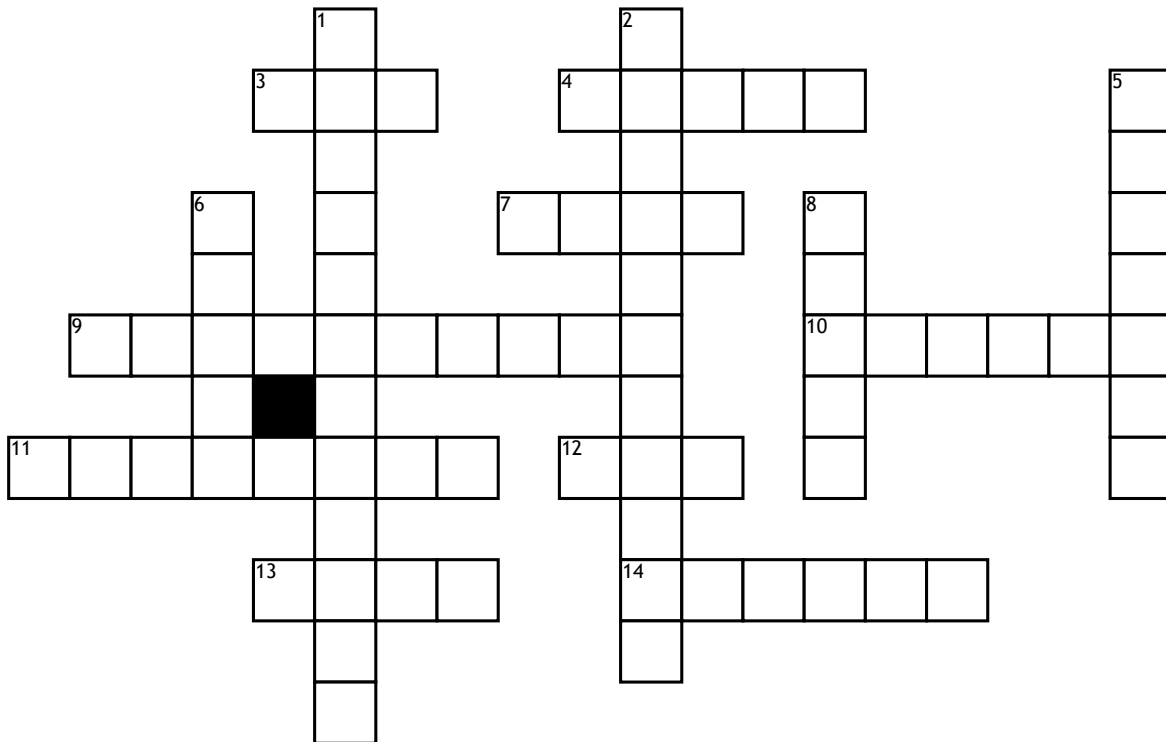


Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Nutrition in Aging: World Health Organization and Academy of Nutrition and Dietetics



**Across**

- 3. Dietary \_\_\_\_\_ is associated with colon, pancreas, and prostate cancer.
- 4. Eat at least \_\_\_\_\_ servings of whole grains daily
- 7. Decreasing saturated fat and \_\_\_\_\_ in the diet reduces risk for heart disease
- 9. Increasing consumption of fruits and \_\_\_\_\_ can improve heart health

- 10. The \_\_\_\_\_ system decreases with age.
- 11. Don't forget to \_\_\_\_\_!
- 12. Choose lean meat over \_\_\_\_\_ meat
- 13. Choose \_\_\_\_\_ over solid fats when cooking
- 14. Consume more dark green and \_\_\_\_\_ vegetables for high nutrients

**Down**

- 1. older persons become vulnerable to \_\_\_\_\_?

- 2. a risk factor for coronary heart disease
- 5. Beans and nuts are good sources of \_\_\_\_\_
- 6. Reduce foods with added \_\_\_\_\_
- 8. Choose low-fat \_\_\_\_\_ for Vitamin D