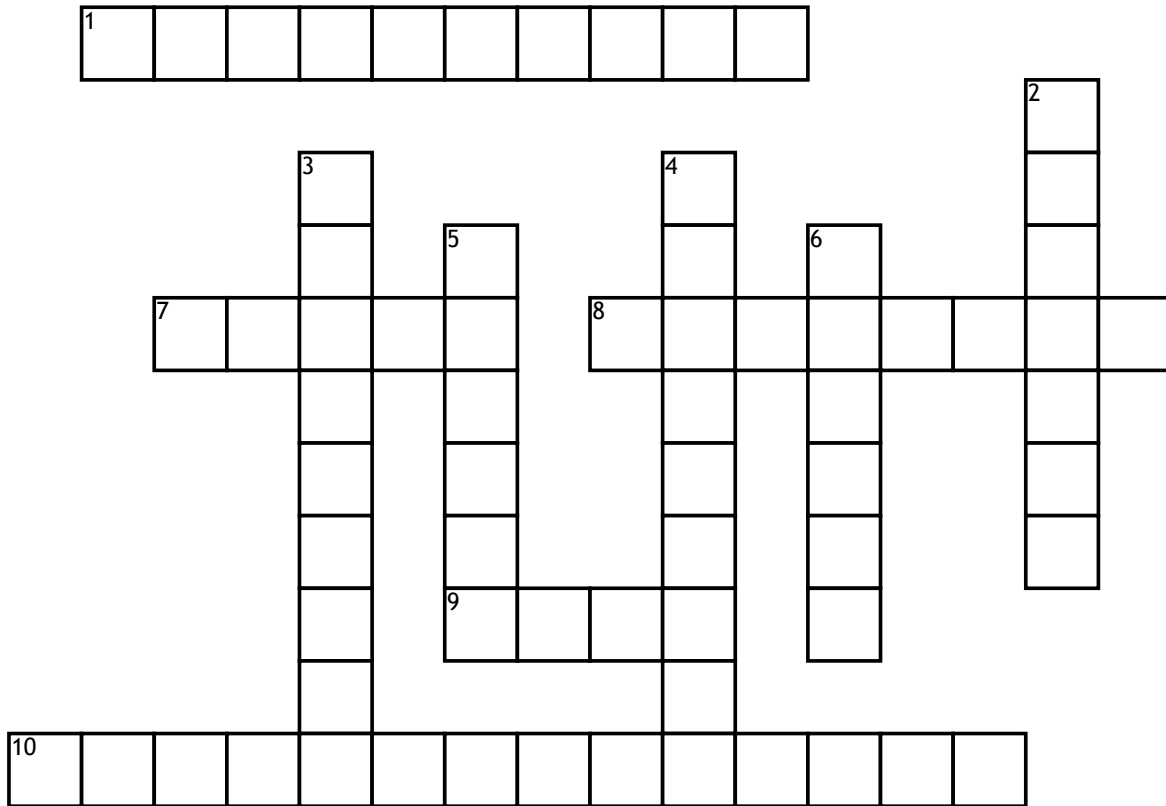


Quick and Easy Healthy Choices



Across

1. Condiment to stay away from:
7. The healthiest and most important drink option would be:
8. Fast food chain that includes healthier options, such as the steak burrito supreme:
9. Drinks that contain no nutrients, include:
10. A healthy option at McDonalds would be the:

Down

2. Instead of fried chicken, go for this healthier chicken option:
3. Eating healthy has many benefits, including improved _____ _____:
4. "Bad fats" are also called:
5. Instead of a side of French fries, try this healthier option:
6. When reading nutrition labels, be aware of this nutrient that can cause heart diseases down the line if not monitored: