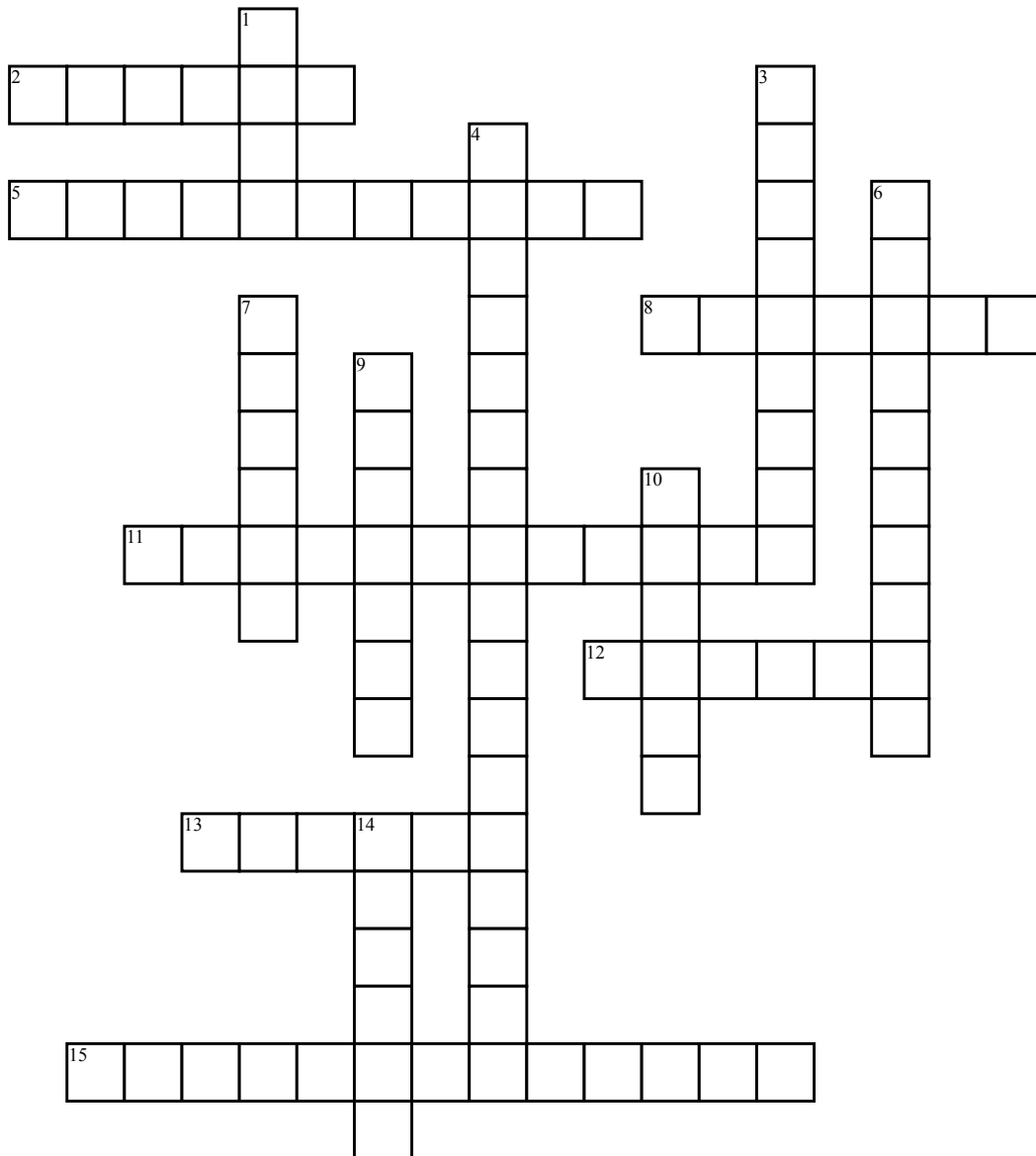


# Sodium Crossword Puzzle



**Across**

- 2. usually served with milk and is sometimes high in sodium
- 5. a beverage usually for physical activity that contains sodium because it is lost during play
- 8. high sodium food, this green food can be put on sandwiches
- 11. sodium and potassium are minerals but also can be classified as

- 12. consume too much of this in the typical American diet
- 13. you can cook with these rather than adding salt.. hint: curry,chili.
- 15. most sodium in a typical Western diet comes from

**Down**

- 1. put it on your fries when theres not enough
- 3. is very salty contains high amount of sodium come in different flavors the orginal bag is yellow

- 4. high salt diets have been linked to this health problem
- 6. the unit sodium is measured in is called
- 7. meals are very cold come in many varieties can be put in oven or microwave, contains high amount of sodium
- 9. he always throws salt of his elbow his name is
- 10. having high blood pressure can lead to
- 14. if it is processed it contains a lot of sodium..hint: its yellow