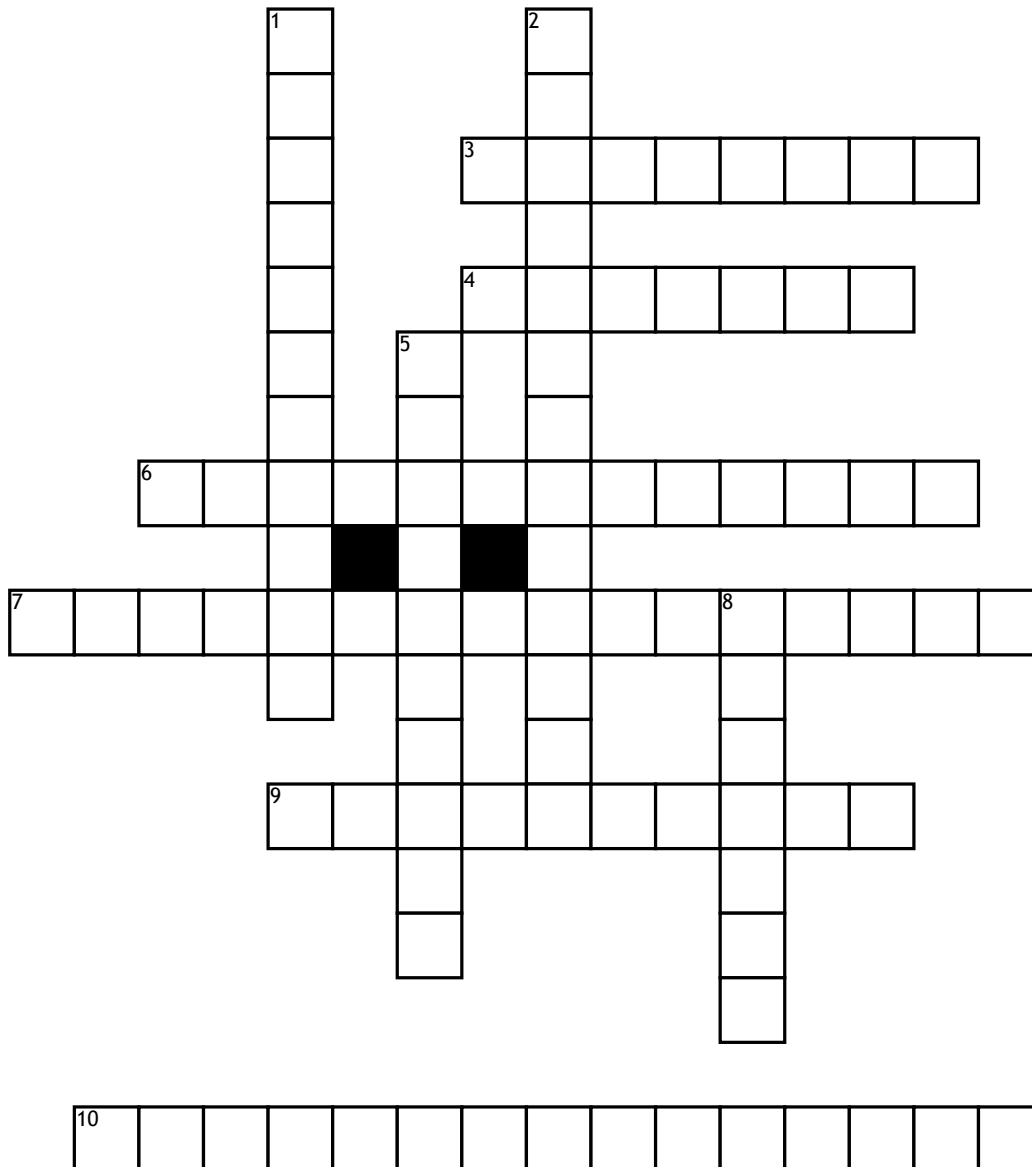


Super Foods



Across

- 3. Vegetable that has vitamin C and k, folate and carotenoids
- 4. Fruit that is least likely to have pesticide residue
- 6. Good source of potassium and fiber
- 7. Found in the dairy department

- 9. Rich in omega-3 fats

- 10. Vegetable good in a stir fry or a soup

Down

- 1. Powerhouse food
- 2. Good in stews, soups, and tossed salads
- 5. My favorite fruit
- 8. Fiber rich breakfast food