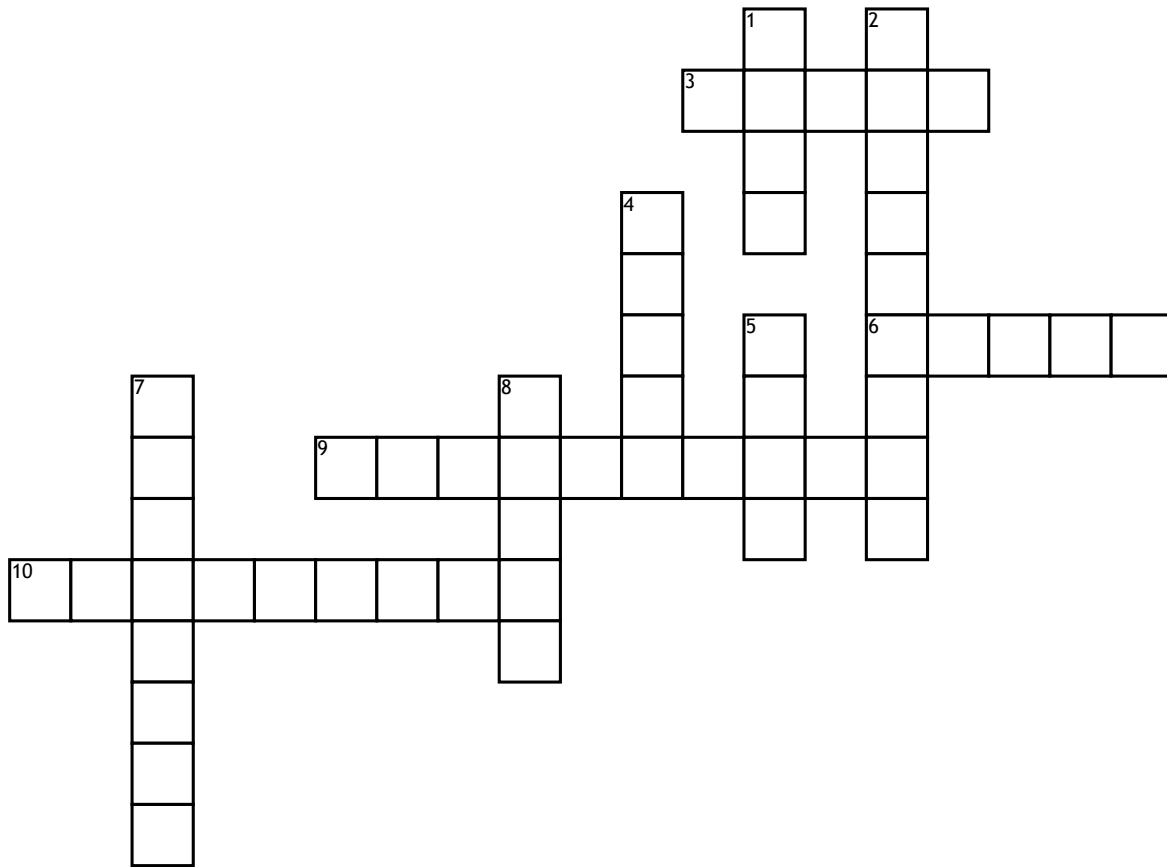


# The Big Squeeze: Nutrition



## Across

3. which food group provides a majority of daily potassium, calcium, and vitamin D?  
 6. provides dietary fiber  
 9. these are full of vitamins, minerals, and fiber but low in carbohydrates  
 10. what is this presentation about?

## Down

1. this food group has no serving size, but stresses moderation  
 2. you should never skip this meal  
 4. this country has the largest production of vegetables  
 5. what portion of your grains should be whole grains?  
 7. this food group regulates and repairs tissues in the body  
 8. alternate source of protein for vegetarians