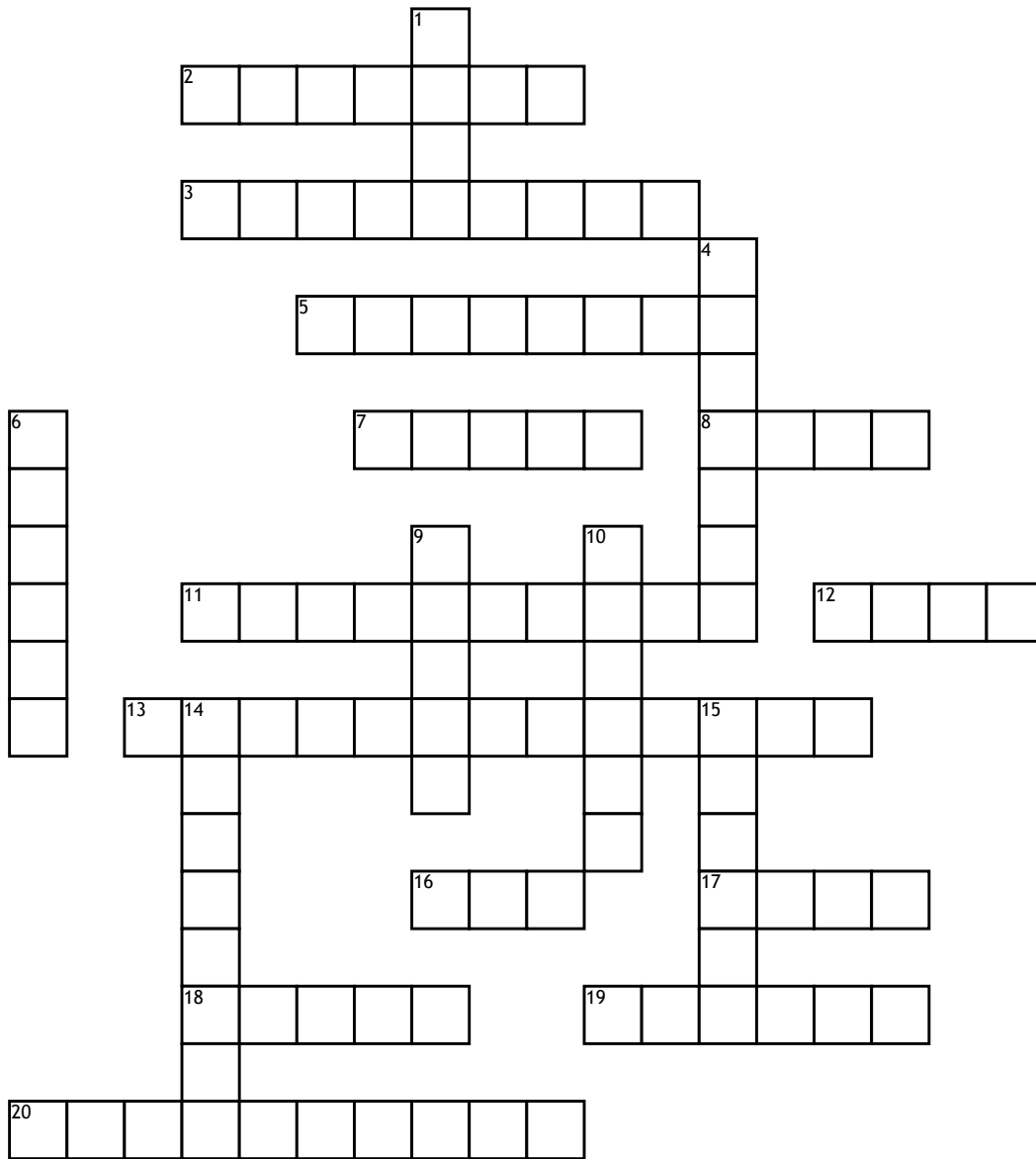


VEGETARIAN CROSSWORD



Across

- 2. vegan diets may be low in the minerals iron and
- 3. this legume is used to make humus
- 5. meat is a source of this type of protein
- 7. vegetarian diets are high in cellulose/roughage or
- 8. an incomplete protein food made from soybeans
- 11. proteins are made up of these building blocks
- 12. a good source of protein for an ovo lacto vegetarian

- 13. complete protein can be obtained by eating these types of proteins
- 16. vegetarian diets are low in this nutrient
- 17. vegetarians do not eat
- 18. this soybean product was first used in this country
- 19. another name for legumes
- 20. legumes are a source of this type of protein

Down

- 1. a good source of protein for a lacto-vegetarian

- 4. may be brown, yellow, red or green
- 6. Individuals who do not eat meat, dairy products or eggs
- 9. the main function of calcium is for strong teeth and
- 10. type of bean commonly used in chili
- 14. this type of vegetarian could eat an omelette
- 15. vegans avoid all foods of this origin