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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Dietary Guidelines

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| **Across**  **1.** Group of nutrients in fruits and vegetables that protect against cancers, heart disease and other health problems  **3.** Dairy is a good source of this natural sugar  **9.** Daily exercise can help prevent this chronic disease  **12.** Dietary Guidelines are reviewed every \_\_\_\_\_ years.  **13.** A chronic disease  **14.** A person's way of eating on most days.  **15.** These are high in nutrients and fiber but low in calories | **Down**  **2.** Term used to refer to the group of beans and peas  **4.** Type of fats not healthy for your body; come from animal foods  **5.** How often you need to be active to be healthy  **6.** This type of grain includes all 3 parts of the grain kernel  **7.** Carbohydrate that cannot be digested by the body & gets rid of waste.  **8.** Most of the foods in this food group don't contain fat  **10.** Department of Health and Human Services  **11.** Type of milk heated to kill bacteria |

   five        HHS       Obesity        Nutrient dense       Eating pattern        Daily       High blood pressure        Fruits        Phytonutrients        Fiber       Whole       Lactose        Pasteurized       Saturated fats       Legumes