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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