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Healthy Eating

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| **Across****8.** Nutrients we need in relatively small amounts**9.** Beans, pulses, meats, fish and alternatives are all sources of this macronutrient **10.** Adults should eat no more than 6g of \_\_\_\_\_\_\_\_\_\_\_. | **Down****1.** Nutrients we need in relatively large amounts**2.** Dairy and alternatives are a good source of protein and vitamins. They are also a good source of which particular mineral?**3.** Potatoes, cereals, bread and pasta are a good source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**4.** Some meats can be high in this particular type of fat**5.** Beans, peas and lentils are all types of p\_\_\_\_\_\_s.**6.** These fats are from plant origin and are said to be "healthier" options**7.** Wholegrain foods contain high amounts of this nutrient |