National Nutrition Month 2019 Crossword

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| **Across**  **1.** Dairy products are a good source of  **3.** Collard greens, kale, mustard greens, spinach and swiss chard are considered dark \_\_\_\_\_\_\_ greens.  **5.** This spice comes from the bark of trees, add it to your coffee for extra sweetness or add it to apples around the holidays  **9.** coffee, dark chocolate and tea are all \_\_\_\_\_\_\_  **12.** Skinless chicken, turkey and beans are all considered \_\_\_\_\_\_ proteins  **13.** This green pepper is somewhat spicy, add it to your salsa for a kick!  **15.** chickpeas are considered to be from the \_\_\_\_\_\_ family  **18.** fruits, vegetables and whole grains are a good source of dietary  **19.** These nuts are high in fat and vitamin B6, get crackin' but only in small portions  **20.** This dressing is made by mixing oil with vinegar or lemon juice | **Down**  **2.** Herb used for cooking, native to Southeast Asia and the Indian Subcontient, orange in color  **4.** \_\_\_\_\_\_\_\_\_\_\_ fat is liquid at room temperature and comes from oils in plants  **6.** \_\_\_\_\_\_\_\_\_\_\_\_\_ fat is solid at room temperature  **7.** This cooking technique means to fry quickly in a little hot fat  **8.** This seed is classified as a pseudograin. Nutritionally, it is considered to be a whole grain and is also gluten-free.  **10.** Considered to be a fruit, this food is used as vegetable when cooking  **11.** \_\_\_\_\_\_\_\_\_\_ foods are high in vitamin C and antioxidants  **14.** It is recommended that we get five servings of fruits and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ per day  **16.** Soy sauce, cured meats and cheese have this flavor  **17.** A registered \_\_\_\_\_\_\_ is a trained nutrition professional who has met strict educaitonal standards. |