National Nutrition Month 2019 Crossword

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|  |  |  |  |  |  |  |  | 1  C | A | L | C | I | U | M |  |  |  |  |  |
|  |  | 2  T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | U |  |  |  |  |  |  | 3  L | E | A | F | Y |  |  |  |  |  |  |
|  |  | R |  |  |  |  |  | 4  U |  |  |  |  |  |  |  |  |  |  |  |
|  |  | M |  |  |  | 5  C | I | N | N | A | M | O | N |  |  |  |  |  |  |
|  |  | E |  | 6  S |  |  |  | S |  |  |  |  |  |  |  |  |  |  |  |
|  |  | R |  | A |  |  |  | A |  |  |  | 7  S |  | 8  Q |  |  |  |  |  |
|  | 9  B | I | T | T | E | R |  | T |  | 10  T |  | A |  | U |  | 11  C |  |  |  |
|  |  | C |  | U |  |  |  | U |  | O |  | U |  | I |  | I |  |  |  |
|  |  |  |  | R |  |  |  | R |  | M |  | T |  | N |  | T |  |  |  |
|  |  | 12  L | E | A | N |  | 13  J | A | L | A | P | E | N | O |  | R |  |  | 14  V |
|  |  |  |  | T |  |  |  | T |  | T |  |  |  | A |  | U |  |  | E |
|  |  |  | 15  L | E | G | 16  U | M | E |  | O |  | 17  D |  |  |  | S |  |  | G |
|  |  |  |  | D |  | M |  | D |  |  |  | I |  |  |  |  |  |  | E |
|  |  |  |  |  |  | A |  |  | 18  F | I | B | E | R |  |  |  |  |  | T |
|  |  |  |  |  |  | M |  |  |  |  |  | T |  |  |  |  |  |  | A |
|  |  |  |  |  | 19  P | I | S | T | A | C | H | I | O |  |  |  |  |  | B |
|  |  |  |  |  |  |  |  |  |  |  |  | T |  |  |  |  |  |  | L |
|  |  |  |  |  |  |  |  |  | 20  V | I | N | A | I | G | R | E | T | T | E |
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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. |