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healthy eating habits to prevent lifestyle diseases

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| **Across**  **6.** A diet rich in it can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye  **7.** helps in controlling weight, increasing immunity and preventing diseases  **8.** A diet rich in it reduces the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer  **9.** A diet rich in it can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye diseases  **10.** avoiding it prevents cancer  **11.** helps in maintaining your body temperature and avoid dehyderation | **Down**  **1.**  it slows digestion & reduce the risk of stroke, hypertension, and heart disease.  **2.** having it regularly results in healthy growth, makes you more productive and regulates weight  **3.** ...... diet controls weight and prevents diabetes  **4.** reduces heart risk  **5.** eating it more hardens your arteries resulting in cardiovascular diseases |