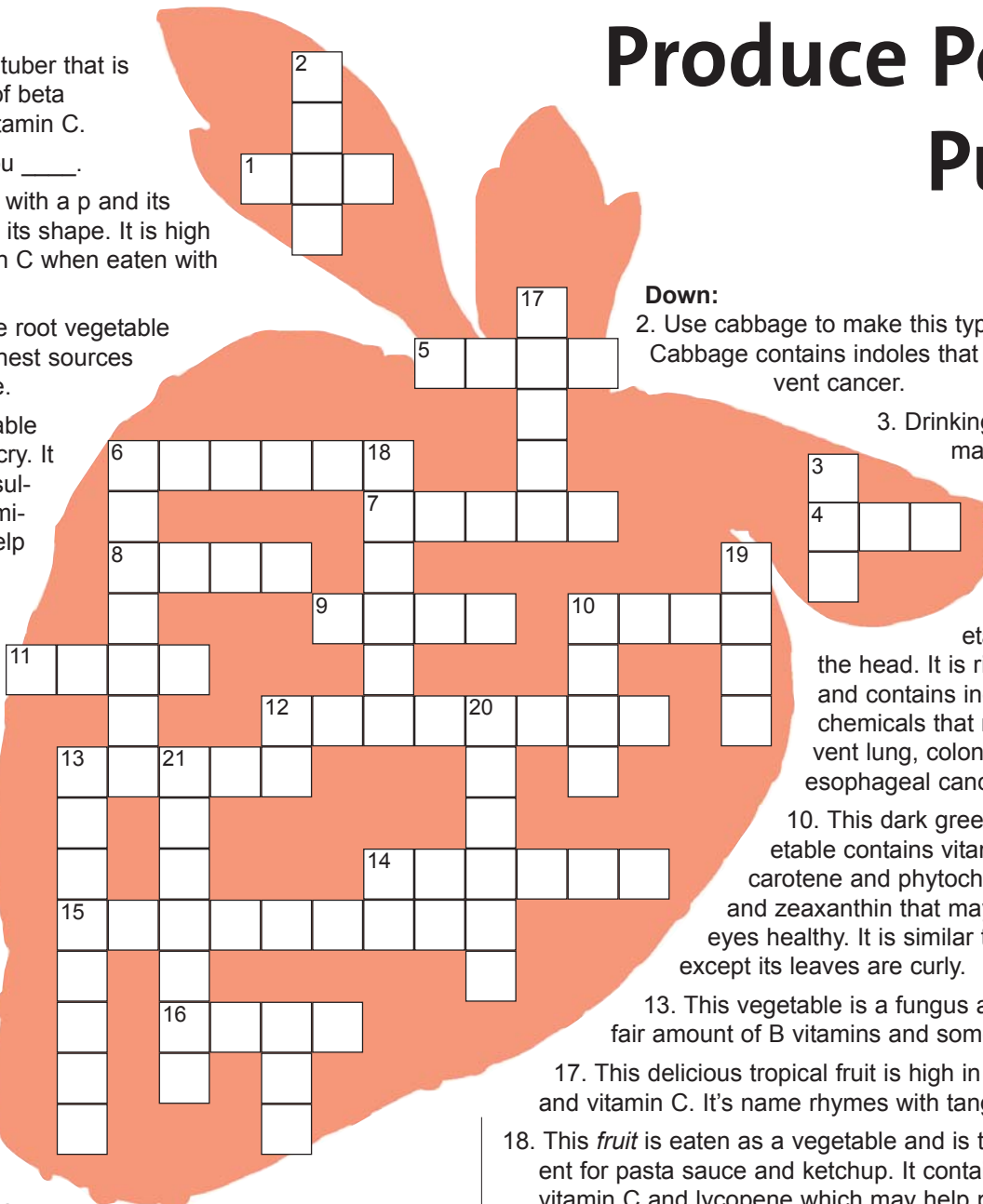


Produce Power Puzzle

Across:

1. A sweet orange tuber that is a good source of beta carotene and vitamin C.
4. You are what you ____.
5. This fruit begins with a p and its name describes its shape. It is high in fiber & vitamin C when eaten with the peel.
6. This long orange root vegetable is one of the richest sources of beta-carotene.
7. This bulb vegetable can make your cry. It contains allylic sulfides, phytochemicals that may help prevent cancer.
8. String ____.
This green vegetable contains good amounts of beta carotene & vitamin C.
9. A type of apple that is new and begins with g. Apples are high in pectin, a soluble fiber that helps keep cholesterol low.
10. This bright green fruit is high in vitamin C. It tastes like a cross between a raspberry and a melon. Use it to brighten any salad or fruit salad.
11. Look for these both fresh and frozen. They are small, round and green and are a legume.
12. This common green vegetable is in the cruciferous family. It contains numerous phytochemicals that may help prevent cancer.
13. Look for this large fruit during the summer. It comes in many varieties such as cantaloupe, honeydew and watermelon. Vitamin C and beta-carotene are two nutrients that are found in this juicy fruit.
14. This bulb vegetable contains many phytochemicals which may help prevent cancer.
15. This vegetable contains capsaicin, a phytochemical that may help prevent arthritic pain. A Jalapeno is one.
16. This vegetable is also a grain. Enjoy it on the cobb.



Down:

2. Use cabbage to make this type of salad. Cabbage contains indoles that may help prevent cancer.
3. Drinking this beverage may be beneficial to your health, especially if it's green.
4. ____.
6. This vegetable is sold by the head. It is rich in vitamin C and contains indoles, phytochemicals that may help prevent lung, colon and esophageal cancer.
10. This dark green leafy vegetable contains vitamin C, beta carotene and phytochemicals lutein and zeaxanthin that may help keep your eyes healthy. It is similar to collards except its leaves are curly.
13. This vegetable is a fungus and contains a fair amount of B vitamins and some protein.
17. This delicious tropical fruit is high in beta carotene and vitamin C. It's name rhymes with tango.
18. This *fruit* is eaten as a vegetable and is the main ingredient for pasta sauce and ketchup. It contains plenty of vitamin C and lycopene which may help prevent prostate cancer.
19. The American Institute of Cancer Research recommends that you eat at least this many servings of fruits and vegetables each day.
20. This small red fruit comes with a pit and appears in your store during the summer.
21. Go for the darkest green varieties of this leafy vegetable, which is the base for most salads.

Answers:

- Across:** 1. yam, 2. slaw, 3. tea, 4. eat, 5. pear, 6. carrot, 7. onion, 8. bean, 9. gala, 10. kiwi, 11. peas, 12. broccoli, 13. melon, 14. garlic, 15. hotpepper, 16. corn.
- Down:** 6. cabbage, 10. kale, 13. mushroom, 17. mango, 18. tomato, 19. five, 20. cherry, 21. lettuce.