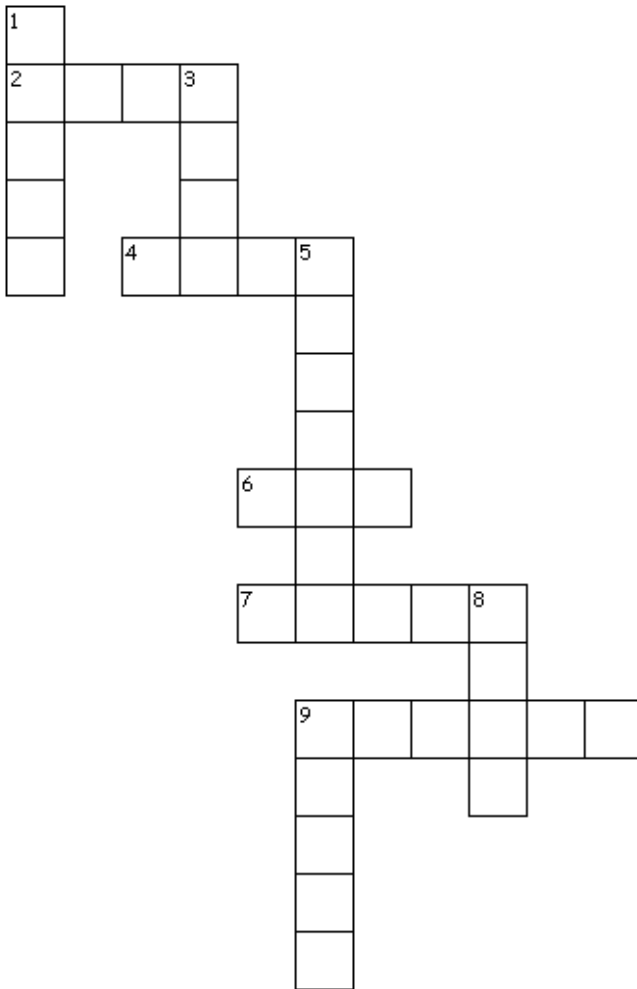


MyPlate CrossWord Puzzle

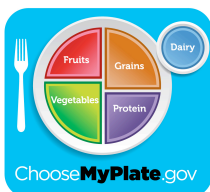


Across

2. You should fill _____ your plate with fruits and vegetables at each meal.
4. Refining grain removes its bran and _____. Whole grains still contain both, along with plenty of fiber and nutrients.
6. Protein and dairy foods should be low in this macronutrient.
7. Nuts and _____ contain healthy fats and protein, but should be eaten in moderation.
9. Choose foods that are low in this salty substance.

Down

1. Make at least half your grains _____ every day.
3. MyPlate's vegetable group has _____ subgroups.
5. This is the name of the USDA's new food guide icon.
8. Stick to low-fat or _____ dairy products; they have much less saturated fat than whole and are better for your heart.
9. Soda, sport drinks, sweetened teas and other similar beverages all have way too much _____. Replace them with water and your body will thank you.



FMI see ChooseMyPlate.gov