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Food and Nutrition Division
Child and Adult Care Food Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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FOOD FOR THOUGHT

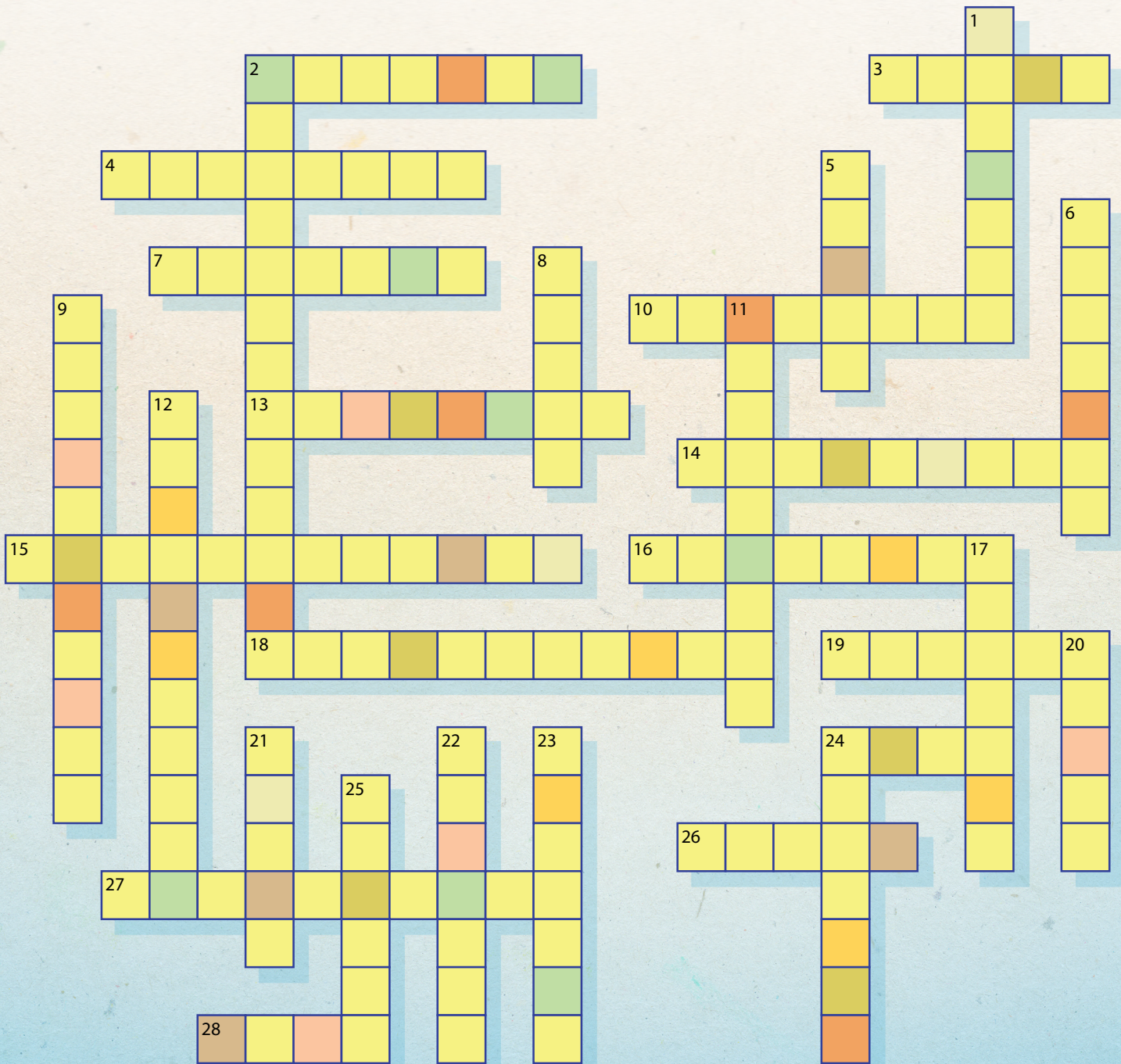
CROSSWORD PUZZLE



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SOLVE THE HEALTHY EATING PUZZLE TO FEEL GREAT!





Across

- 2 The bone building substance in milk and yogurt
- 3 The whole wheat version is an excellent source of fiber
- 4 Diet and this can help achieve a healthy weight
- 7 Chicken, eggs, milk and peanut butter are laden with it
- 10 Veggies are a source of vitamins and these
- 13 A person with this disease needs a special diet to help control high blood sugar
- 14 This meal refuels your body after eight hours of sleep
- 15 Filled with protein, it's a spreadable alternative to meat
- 16 Alphabetically speaking, you need plenty of A, B, C, D, E and K
- 18 Loaded with vitamin A, this orange veggie is a Thanksgiving favorite
- 19 This powerful vitamin source includes watermelons, berries and bananas
- 24 Sugary drink that can lead to weight gain
- 26 Various healthy veggies mixed in a bowl
- 27 Leafy or crunchy, this food source is filled with vitamins, minerals and fiber
- 28 No heavy thinking here. It's the stuff in butter, oils, dressings and gravy

Down

- 1 Category including beans, peas, lentils and peanuts
- 2 Provides quick energy and it's found in fruits, breads and cereal
- 5 Salmon, oatmeal, and almonds can keep this organ healthy
- 6 The eyesight veggie
- 8 Stay hydrated with this thirst quencher
- 9 Pick these small wonders for antioxidants
- 11 A healthy lifestyle is fueled by good ____
- 12 A popular way to drink vitamin C
- 17 Green, leafy and full of vitamins, iron and calcium
- 20 It tastes sweet, but too much can lead to diabetes and obesity
- 21 Important for digestion, it's found in whole grains
- 22 Good nutrition means eating ____ foods
- 23 An American epidemic attributable to eating habits
- 24 Shrimp, oysters and tuna are all part of this protein source
- 25 As long as they're healthy, try these between meals