For more information, visit www.SquareMeals.org or call (877) TEX-MEAL.
FOOD FOR THOUGHT

CROSSWORD PUZZLE

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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