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Crossword Puzzle

Complete the crossword, fill in your name and address, and mail to Katlynn Ferreira at 1646 Purchase St. New Bedford MA for a *fabulous prize!*

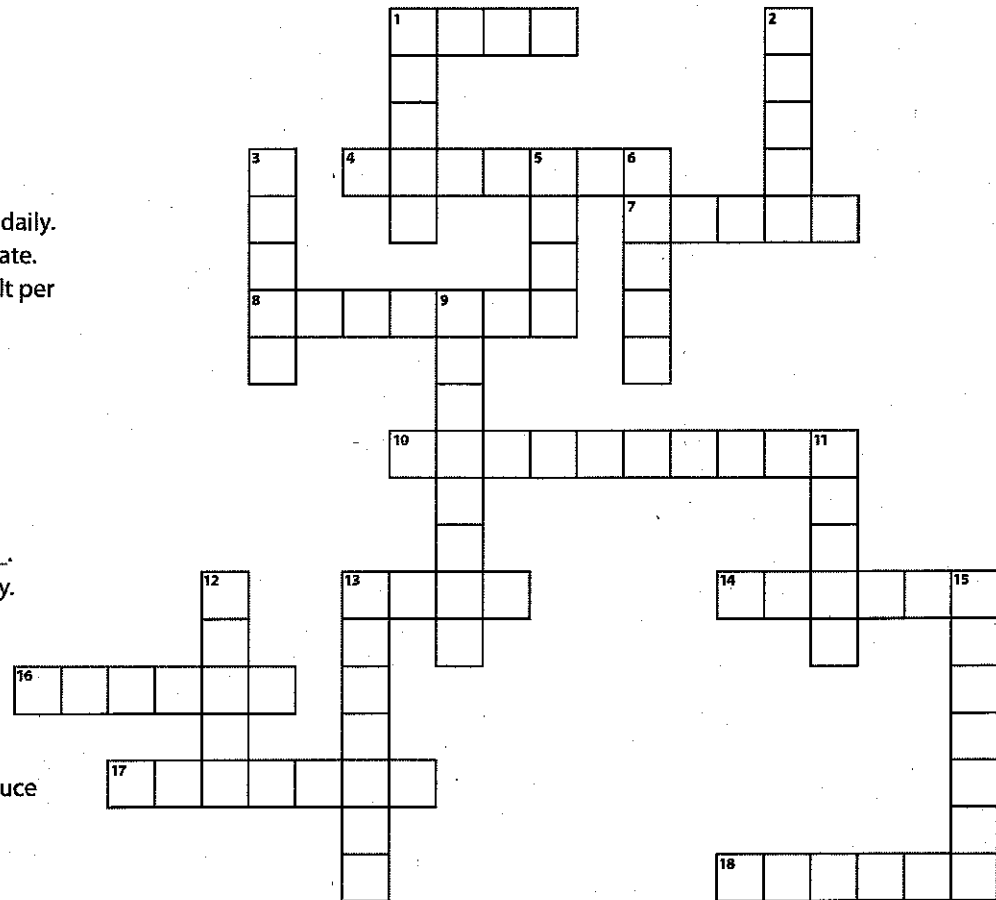
Your Name: _____ Your Address: _____

ACROSS

1. The number of MyPlate food groups.
4. _____ is a good source of heart healthy fats.
7. Regular soft drinks, candies, cookies and other desserts are often high in _____ sugars.
8. _____, also called beans and peas, are high in nutrients.
10. A variety of different colored fruits and _____ are recommended daily.
13. MyPlate recommends that fruits and veggies make up _____ of the plate.
14. Looking at _____ on the Nutrition Facts label will tell you how much salt per serving a food contains.
16. Whole _____ are recommended more often instead of 100% juice.
17. Eating a _____ of foods is important.
18. Children and adults should be physically _____ on a daily basis.

DOWN

1. Fruits, vegetables, and whole grains are all good sources of dietary _____.
2. Finding ways to reduce food _____ can help to save nutrients and money.
3. At least half of the grains eaten daily should be _____ grains.
5. _____ from plant sources are healthier than solid fats.
6. This food group is a good source of calcium.
9. Fruits and vegetables provide nutrients, like vitamins and _____.
11. Nuts and _____ are part of the protein group.
12. Drinking _____ instead of sugar-sweetened beverages is one way to reduce added sugars.
13. A _____ eating style is recommended for everyone.
15. _____ can help you develop a healthy eating style.



Sources: 2015-2020 Dietary Guidelines and USDA's ChooseMyPlate.gov

ACROSS: 1) Five 4) Seafood 7) Added 8) Legumes 10) Vegetables 13) Half 14) Sodium 16) Fruits 17) Variety 18) Active
DOWN: 1) Fiber 2) Waste 3) Whole 5) Oils 6) Dairy 9) Minerals 11) Seeds 12) Water 13) Healthy 15) MyPlate