

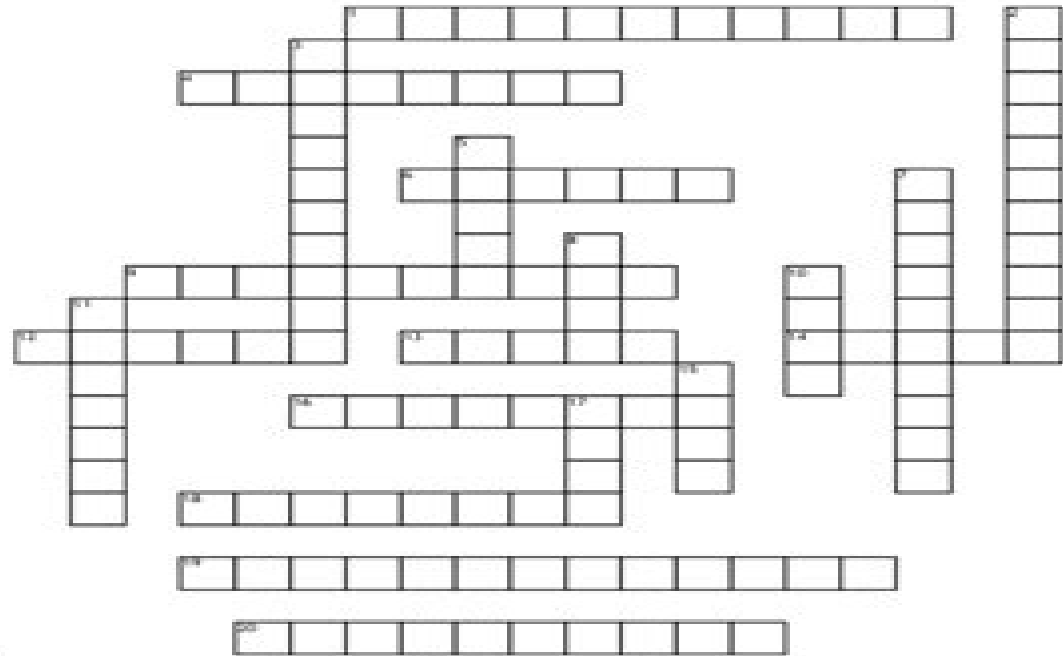
Food and Nutrition Crossword Puzzle

Across

1. Where we get most of our water
4. Worst kind of fat
6. A yellow spread that contains trans fat
9. Best kind of bread to eat
12. The amount of amino acids a person needs to consume
13. How many glasses of water should a person drink daily?
14. Another word for fat
16. A kind of protein that contains all of the essential amino acids
18. Something men need more than women
19. Where most of our energy comes from
20. A red fruit that is not a good source of carbs

Down

2. Best kind of fat that can be found in avocado
3. This fruit is made up of 92% water
5. A substance usually used as a sweetener in food



7. A kind of protein that is lacking in all the amino acids
8. A seafood that is high in protein
10. We get this from cows
11. Type of sugar
15. Comes from animals and contains saturated fat
17. A food that comes in a shell and is high in protein



Good Nutrition Crossword Puzzle

**Food and Nutrition Information Center
(U.S.)**



Good Nutrition Crossword Puzzle:

Whispering the Strategies of Language: An Psychological Quest through **Good Nutrition Crossword Puzzle**

In a digitally-driven world wherever screens reign supreme and immediate transmission drowns out the subtleties of language, the profound strategies and emotional nuances concealed within words usually move unheard. However, set within the pages of **Good Nutrition Crossword Puzzle** a charming literary prize pulsing with raw feelings, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, this charming opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within the very cloth of each word. Within the mental depths of this touching review, we shall embark upon a heartfelt exploration of the book is primary styles, dissect their fascinating publishing style, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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