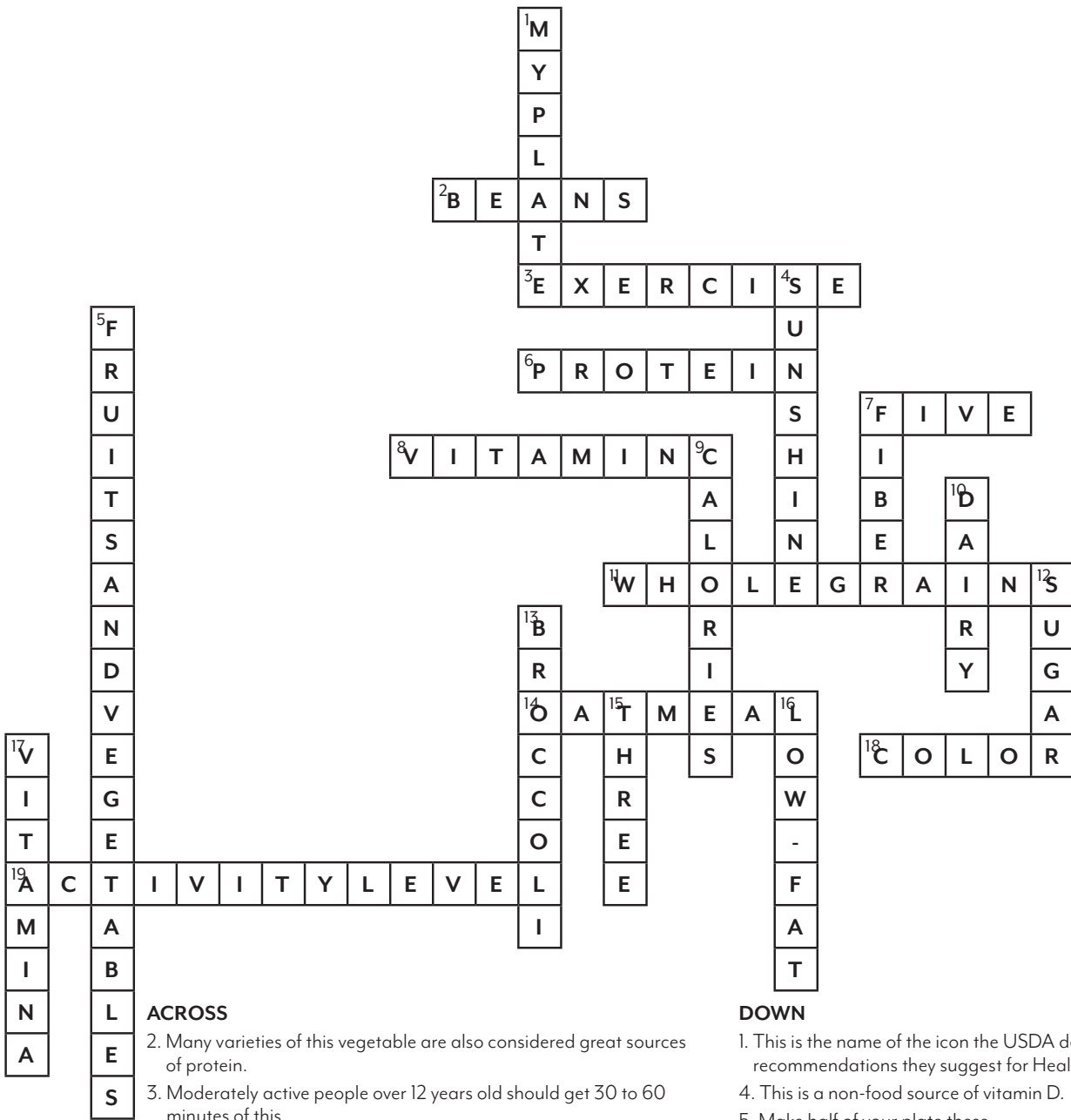


# MYPLATE CROSSWORD PUZZLE



## ACROSS

- Many varieties of this vegetable are also considered great sources of protein.
- Moderately active people over 12 years old should get 30 to 60 minutes of this.
- The food group that includes a variety of meat, fish and plant sources.
- MyPlate identifies \_\_\_\_\_ food groups to include each time you eat.
- Oranges, grapefruit, lemons and limes are a few of the fruits known for this vitamin.
- Make half of your grains \_\_\_\_\_.
- Which of these would be a good choice for the grain group? Potatoes, Cake, Oatmeal.
- Vary the \_\_\_\_\_ of your vegetables to get a good assortment of vitamins.
- The USDA Dietary Guidelines for Americans identifies recommended calorie intakes based on sex, age and \_\_\_\_\_.

## DOWN

- This is the name of the icon the USDA developed to help teach the recommendations they suggest for Healthy Americans.
- This is a non-food source of vitamin D.
- Make half of your plate these.
- Whole grains and many vegetables are excellent sources of this.
- A unit of measure to identify the energy value of foods.
- The food group that provides most calcium in the diet.
- Make sure your beverages are low in \_\_\_\_\_ and caffeine.
- Which of these is a vegetable? Grapes, Broccoli, quinoa
- How many cups of milk should you drink each day?
- Choose \_\_\_\_\_ whenever possible.
- The vitamin that gives carrots and sweet potatoes the orange color?