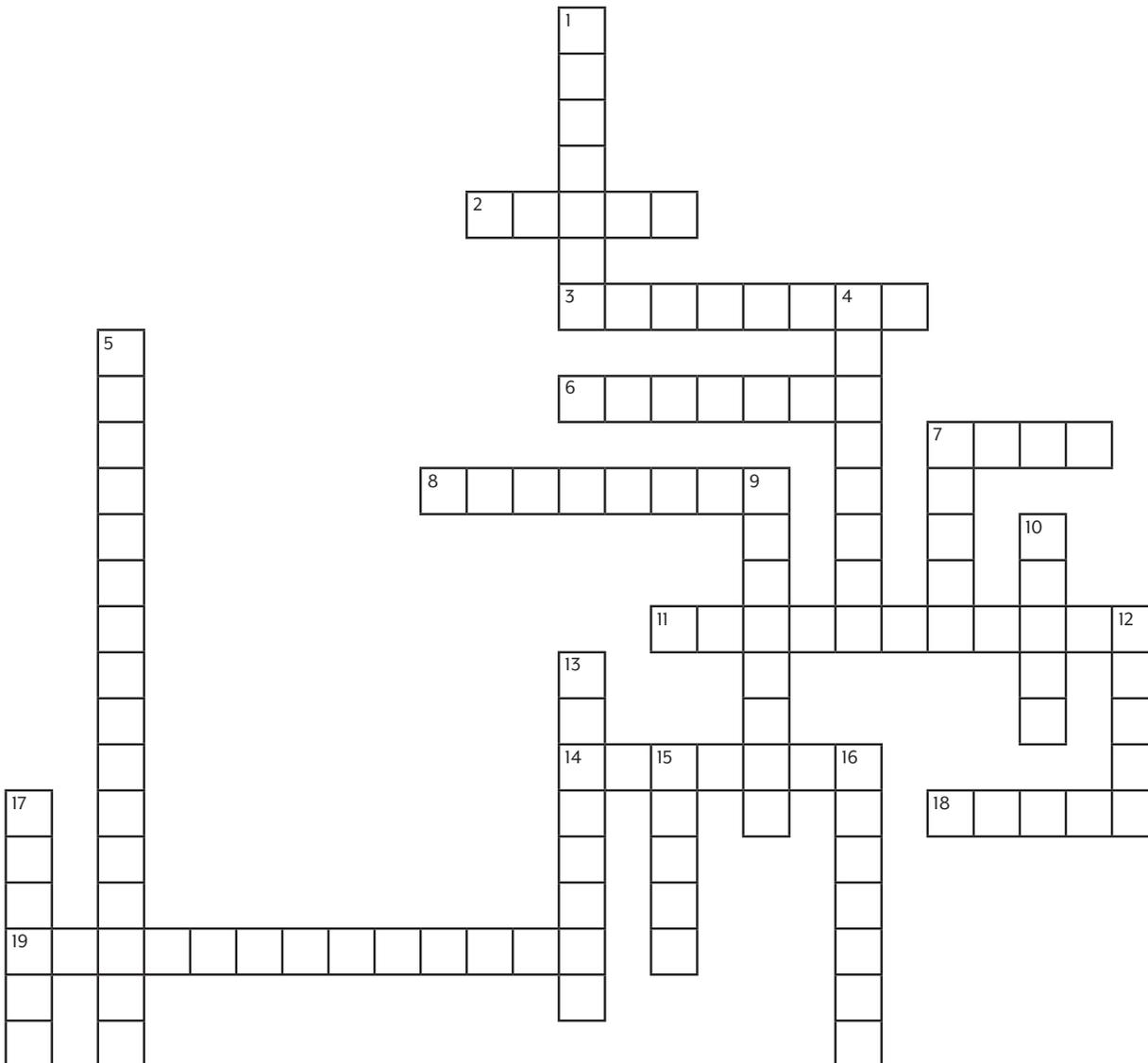


# MYPLATE CROSSWORD PUZZLE



## ACROSS

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

## DOWN

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