Healthy Eating: Nutritious Snacking Crossword

Emily Minton

Complete this cross word puzzle to learn more about the benefits of snacking and a few tips for smart snacking!

Across
3. Snack when you are ________, not when you are bored.
6. Keep fruit and vegetables washed and sliced for _________.
8. Limit snacks high in added sugar or _______.

Down
1. Adding snacks into your meal schedule will allow you to consume _______ meals at breakfast, lunch, and dinner.
2. Having a light _______ between meals will not ruin your appetite.
4. Snacks help to settle your hunger until your next _______.
5. Choose healthy snacks from all _____ food groups.
7. Snacking on healthy foods from all the food groups can help you increase your _________ intake.

Archival copy: for current recommendations see http://edis.ifas.ufl.edu or your local extension office.

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