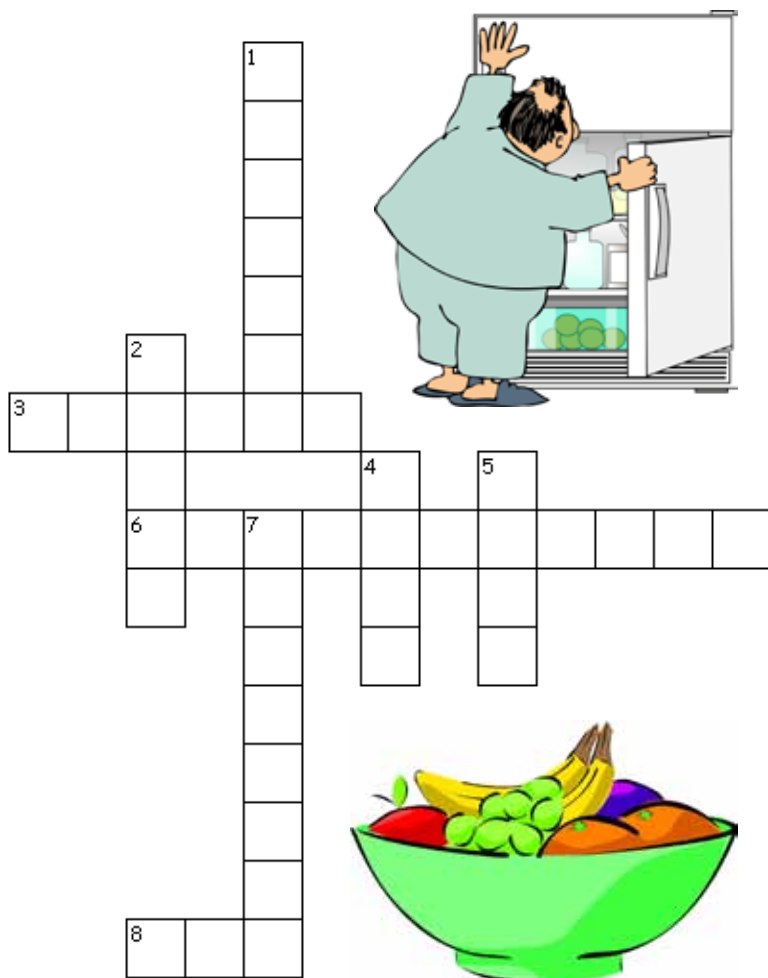


Healthy Eating: Nutritious Snacking Crossword¹

Emily Minton²



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



Answers:
Across: 3. Hungry; 6. Convenience; 8. Fat
Down: 1. Smaller; 2. Snack; 4. Meal; 5. Five;
7. Nutrient

Across

- Snack when you are _____, not when you are bored.
- Keep fruit and vegetables washed and sliced for _____.
- Limit snacks high in added sugar or _____.

Down

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

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