

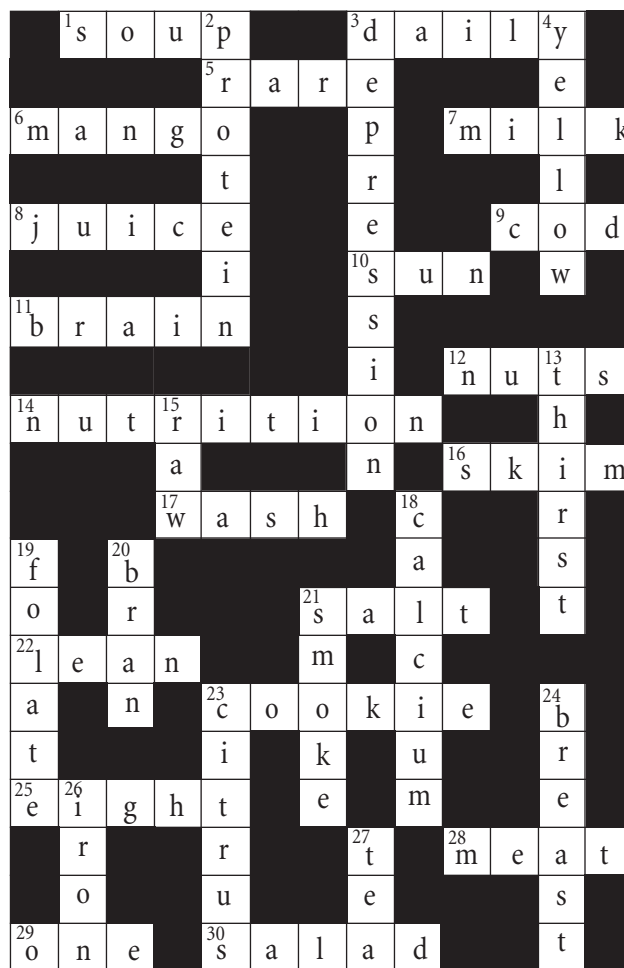
Nutrition Crossword Puzzle

Across

- You can easily combine grains and vegetables into a hearty _____.
- Because vitamins B and C are not stored by the body, how often do you need to consume them?
- Especially in pregnancy, it is dangerous to eat meat that is too _____.
- A tropical orange fruit high in vitamins A and D, folate, and potassium
- The “almost perfect” food that supplies protein, calcium, phosphorus, and vitamin D.
- In addition to water, a recommended beverage.
- A high-protein fish considered very safe for pregnant women.
- Vitamin D supplements may be recommended for those who are rarely out in the _____.
- Nutrition for the pregnant woman is especially important in the last three months of pregnancy because critical development is taking place in the baby’s _____.
- A handful of _____ is a healthy snack high in protein, fiber, and many minerals.
- The factor which many believe may contribute MOST to the development of a healthy baby.
- For heart-healthy eating, choose this kind of milk.
- For safe eating, _____ fresh fruits and vegetables thoroughly before eating.
- A seasoning many *wrongly* believe should be restricted during pregnancy.
- For heart-healthy eating, choose this kind of meat, poultry, or fish.
- Adding nuts, raisins, and whole grains to _____ dough can make these a healthier snack.
- Seven or _____ servings of grains are recommended daily during pregnancy.
- Beans, nuts, whole grains and dairy products can be combined to provide protein sources which could substitute for _____.
- Weight gain of approximately _____ pound(s) per week during the last three months of pregnancy is(are) recommended.
- When eating “fast-foods,” include a _____ with your meal to add valuable nutrients.

Down

- A pregnant woman needs 60 grams of _____ each day.
- Thiamin, a B vitamin, is called the “morale vitamin” because a deficiency may cause _____.
- Liver; dairy products; dark-green, orange and deep _____ vegetables are excellent sources of vitamin A.
- A nursing mother is encouraged to drink water and other liquids to _____.



- Fruits and vegetables provide the most nutrients when eaten _____ or steamed.
- A meal with broccoli, cheese sauce, canned salmon, and milk is very high in this mineral.
- Green leafy and dark yellow fruits and vegetables are excellent sources of this important B vitamin, an essential component of blood cells.
- This nutrient can be added to foods or eaten alone to add fiber to the diet.
- Babies who are exposed to _____ in the womb are more likely to be born prematurely and to fail to grow appropriately.
- Green peppers, tomatoes, broccoli, strawberries, and _____ fruits are good sources of vitamin C.
- The type of feeding recommended by the American Academy of Pediatrics for babies for the first year of life.
- The body’s demand for this mineral during pregnancy is so high that it is difficult to meet the daily requirement by diet alone.
- Drinking _____ inhibits the absorption of iron from food eaten at the same meal.