

# 12 Reasons to Eat Fruits & Veggies



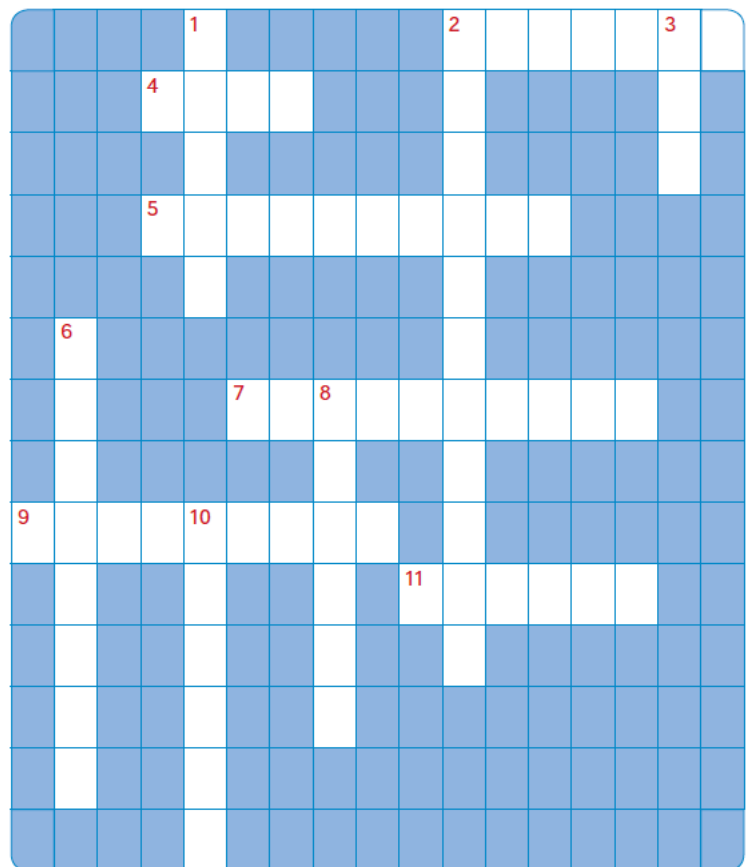
Read each clue. Use the word bank to complete the puzzle.

## ACROSS

2. Eating a diet that includes fruits and vegetables may protect against some kinds of \_\_\_\_.
4. The risk of chronic disease can be lowered by eating a healthy \_\_\_\_ that includes fruits and vegetables.
5. \_\_\_\_ can be divided into five subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. There are so many to choose from!
7. Vitamin A, found in many vegetables, keeps the skin healthy and helps fight off \_\_\_\_.
9. \_\_\_\_ is found in many fruits and vegetables, like bananas and sweet potatoes. It may help maintain healthy blood pressure.
11. Also known as folic acid, \_\_\_\_ found in fruits and vegetables helps the body make red blood cells.

## DOWN

1. Fruits and vegetables contain dietary \_\_\_\_\_. When diets are rich in this nutrient, the risk of heart disease, obesity, and type 2 diabetes is lowered.
2. Neither fruits nor vegetables contain \_\_\_\_\_, a waxy substance that comes in two forms, "good" and "bad." Too much of the bad variety, or simply not enough of the good, can lead to heart disease, heart attack, or stroke.
3. Many fruits and vegetables can be eaten \_\_\_\_\_, or uncooked.
6. In their natural form, fruits and vegetables are low in \_\_\_\_\_, fat, and sodium.
8. \_\_\_\_\_ include sweet-tasting foods like oranges, cantaloupes, peaches, and strawberries.
10. Diets that include fruits and vegetables may reduce the chances of a heart attack or \_\_\_\_\_.



## WORD BANK

calories	fiber	potassium
cancers	folate	raw
cholesterol	fruits	stroke
diet	infections	vegetables