

MyPlate Crossword Puzzle

Use the words from MyPlate to help you complete this puzzle.



Across

- Use the My _____ as a guide.
- Apples, oranges, and bananas fit into this food group.
- This sweet, smooth food comes in many different flavors and is a great way to get calcium for your bones.
- _____ are an orange vegetable.
- Try fat-free or low _____ foods when you can.
- Use whole-grain _____ for your sandwiches.
- Cheddar, swiss, mozzarella, monterey jack are examples.
- Fits into the grains group of MyPlate. Goes great with stir-fry.
- MyPlate is a _____ to help you eat a variety of foods for a healthy body.
- Spaghetti is a type of _____.

Down

- Chicken and turkey are examples of _____.
- Eat a variety of _____ from all of the groups.
- Broccoli and green beans are examples of a _____.
- These are a great source of protein and can be mixed with cereal and dried fruit for an "on-the-go" snack.
- Pinto, kidney, black, refried – there are lots of different kinds and they can be eaten lots of different ways.
- Vegetable or olive _____ are often used for cooking and are part of a healthful diet.
- This makes a quick and easy "ready-to-eat" breakfast with fruit and milk.
- You can hard-boil, scramble, fry, or poach these, or eat them as an omelet. How do you like your _____?
- Salmon and trout are examples of _____.
- Lean _____ is an excellent source of protein, iron, and zinc.

